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DONNA MAXWELL/FOR METRO

JUMP, JUMP, GOOSE!

Staff lead celebration of new jobs

metroNEWS

Perimeter highway to go red-free

ROADS

Province plans to remove traffic lights

Manitoba Premier Greg Selinger has announced a long-term plan to remove red-light intersections from the Perimeter Highway around Winnipeg.

Selinger said Tuesday work is to start with four intersections south of the city where traffic lights will be removed and replaced with free-flowing interchanges.

"The ability to put interchanges on the Perimeter Highway will allow traffic to move all around that perimeter without having to stop," he said.

"That makes it more effi-

cient for vehicles, less fuel being wasted, less greenhouse gas emissions."

The changes should also help truck drivers get from the U.S. to the Centreport shipping terminals without being tied up in traffic or going through the city core.

The work will cost between \$250 million and \$800 million, depending on the type of interchange, and construction will be well underway by 2022, Selinger added.

It's part of the government's plan announced in Monday's throne speech to boost spending on infrastructure and help the economy. The announcement comes five months before a provincial election, with the NDP government trailing in opinion polls.

THE CANADIAN PRESS

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A hamper drive that does more than feed families

EMPLOYMENT

All food is bought from inner-city organizations

An annual hamper drive will once again help feed people who are less fortunate at Christmas time, but this hamper drive will also reach out and help out in so many other ways.

The organization Local Investment Toward Employment (LITE) is now collecting donations for their Alternative Christmas Hamper Drive.

The drive takes donations and buys goods to fill hampers, but everything they buy comes from inner-city organizations, and ones that employ people that would typically have barriers to employment.

"It's all based on LITE's mission to provide training and employment for people that live in poverty in the inner-city," said LITE spokesperson Christa Campbell.

"These hampers aren't more expensive than a typical hamper, but they are strategic because they support jobs in our local economy, so it makes sense because you are helping more than one cause."

The drive has run since 1994 and every year makes an approximately \$40,000 pur-



LITE spokesperson Christa Campbell, and Neechi Commons employees Crystal McIvor, Jade McIvor, Louise Champagne, and Norman Spence show off some of the stuff that will fill hampers thanks to the LITE Alternative Hamper Drive. METRO

chase from Neechi Commons, which sells groceries at two stores in Winnipeg's Point Douglas area, and is one of the largest commercial employers of Indigenous people in Canada.

"It's a very big deal because a lot of people in this area get hampers, so before this started hamper drives would collapse our December sales," said Neechi Commons Co-op

president Louise Champagne. "So now it's win-win because we are supported, and our products go out and help to feed the community."

The drive also supports other organizations that work to train and employ people, as LITE buys baked goods from the Spence Neighbourhood Association, Wolseley Family Place, and the Native Women's Transition Centre.

"So we give them much-needed business, and they can offer more work and training," said Campbell.

Last year the drive helped feed about 1,600 Winnipeg residents.

Anyone who would like to make a donation to the LITE Alternative Hamper Drive can visit abetterhamper.com or call 204-942-8578.

METRO

HUNGER

Food bank use on the rise: Report



Elisha Dacey
Metro | Winnipeg

A report released by Food Banks Canada shows that food bank use rose by 3.4 per cent in Manitoba in 2015 compared to 2014.

The 2015 Hunger Count report shows that in March of 2015, 63,791 Manitobans used a food bank to feed themselves and their families.

March is considered an average month and numbers are extrapolated from there, according to the report.

Winnipeg Harvest executive director David Northcott said the numbers are more than just statistics — they're people.

"These are real people," he said. "Each March we count real people who actually use the food bank."

Of those people using food banks, about 42 per cent in Manitoba are children, the second-highest in Canada, behind only Saskatchewan at 45 per cent. However, this number is down slightly year-over-year in Winnipeg and Northcott said they regard it as a victory.

"When you see fewer kids using these food programs, that means they're being treated better in other areas, the families are getting a bit stronger."

The report makes several recommendations to bring food bank use down, including abolishing social assistance and instead implementing a living wage, tax reforms, and continuing to build affordable housing.

+ DETAILS

LITE will host their annual Wild Blueberry Pancake Breakfast on Nov. 27 at the Indian and Métis Friendship Centre to raise money for their hamper drive. Tickets can be bought at lite.mb.ca or by calling 204-942-8578.



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Province launches helpline

RECOVERY

Service to help with access to addiction programs

Meg Crane
For Metro | Winnipeg

A new helpline launched by the Manitoba Addictions Agencies Network will make accessing information about addiction services easier, says the province.

The Manitoba Addictions Helpline will be managed by the Addictions Foundation of Manitoba (AFM) and includes more than just a phone number.

Through the helpline, information and support is available over the phone and in-person, and there is a website with information on services and providers in the province, said Healthy Living and Seniors Minister Deanne Crothers.

On the website, a self-guided screening tool helps people identify the services that are best for them and their situation.

"Addictions is not a one-size-

fits-all," said Crothers.

It's important that people be connected to the resources that are best for them personally, she said.

"It's really the reaching out point for an individual who decides they need to get some help," said Crothers.

Unlike other helplines for people seeking help with addictions, this one will provide information about all of the resources available to Manitobans.

"Seeking services is not easy for anyone who is struggling with addiction," said Ben Fry, CEO of AFM.

The helpline is meant to make the addictions system easier for the public to understand and navigate, said Fry.

"We're trying to create a solid flow through the system so people don't face barriers," said Main Street Project Executive Director Lisa Goss. "Access and our client are our first priorities."

This is one of several additions to addictions services in the province, Crothers said. All services will be evaluated by the people who use them.

The hotline number is 1-855-662-6605.



Deanne Crothers announces the Manitoba Addictions Helpline on Tuesday at Riverpoint Centre, an addictions recovery centre. MEG CRANE/FOR METRO

REFUGEES

Not time to turn away Syrian refugees: Premier
Manitoba Premier Greg Selinger says now isn't the time to turn away thousands of Syrian refugees.

Selinger says Canada has made a big commitment to bring in 25,000 of them by year's end.

He says security screening must be put in place, but cancelling the plan would be inhumane.

Saskatchewan Premier Brad Wall has said that fast-tracking claims could undermine the screening process, so he is calling on the federal government to suspend its refugee plan.

Selinger says people in Manitoba are excited to welcome newcomers who will make a great contribution to Canada's future.

Opposition Leader Brian Pallister, saying the country can deal with security concerns, also dismisses the idea of holding off on the federal government's plan.

THE CANADIAN PRESS

POLICE

Girl arrested at high school

Donna Maxwell
For Metro | Winnipeg

A 14-year-old girl who was carrying a large knife was arrested Monday afternoon in front of Sturgeon Heights Collegiate on Ness Avenue.

A Winnipeg police spokesperson said officers responded to a call of a female with a weapon in the 2600 block of Ness Avenue at around 1 p.m. The spokesperson said a member of the public disarmed and subdued the female until police arrived.

She said there were no injuries but couldn't say whether an altercation with another

person had taken place.

The mother of a Grade 12 student at the school said she received an email from the school saying there was an incident on Ness and that a person was in custody.

Her daughter, 17, said she was told someone driving a

vehicle tried to hit a female pedestrian who was crossing the street.

"They tried to run her over," the mother said. "Somebody got out (of the car) with a very large knife, a machete she said, but she didn't see it, and next thing you know cops were there and she was arrested. As far as I know, nobody got chopped up."

The woman's daughter said the school didn't go into lockdown but that teachers were trying to keep students in safe areas.

A call to St. James-Assiniboia School Division wasn't immediately returned.

The teen was charged with possession of a weapon and failure to comply with conditions of an undertaking. She remains in custody.

They tried to run her over.
Mother of Grade 12 student

vehicle tried to hit a female pedestrian who was crossing the street.

"They tried to run her over,"



A teen was arrested in front of Sturgeon Heights Collegiate on Monday. GOOGLE MAPS

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NDP swelling: Tories

ACCOUNTABILITY

Leader accuses government of padding political staff

Manitoba Opposition Leader Brian Pallister is accusing the NDP government of going on a hiring spree over the past year, but the government says Pallister's math is wrong.

Pallister says the government appears to have hired 14 new staff members in its political wing, and given 12 others pay raises that average 20 per cent.

The Tory leader accuses the NDP of using taxpayer money to swell its ranks before next April's election, and counting on those workers to volunteer for the NDP campaign.

But NDP house leader Dave Chomiak says the government has hired people to replace workers who have left.

He says the pay raises Pallister mentions appear to be for people who have been



Opposition Leader Brian Pallister talks to media Monday. JOHN WOODS/THE CANADIAN PRESS

promoted and are now in higher positions.

Chomiak says Pallister has not provided details such as names and dollar amounts, and says he should do that

to back up his accusations.

The government did hire several people following a caucus revolt last year that challenged Premier Greg Selinger's leadership.

Many of the workers left for Alberta and other provinces, and were replaced by new hires or by more junior people who were promoted.

THE CANADIAN PRESS

HEALTH CARE

Minister gets heat for doctor shortage

Manitoba Health Minister Sharon Blady said Tuesday she is amending — not breaking — a long-standing promise to find a family doctor for every Manitoban by the end of this year.

The NDP government said in a 2010 throne speech that anyone who wanted a family doctor would have one by 2015. The promise was repeated often, and as recently as last winter in a government press release.

But with people still on waiting lists, the government has changed its target so that people who can access nurse practitioners — often in Quickcare clinics with limited hours — would count as having had that commitment fulfilled.

"A nurse practitioner has a very broad scope and I do actually have folks that prefer a nurse practitioner to a family physician," Blady said.

"I would actually view it as an expanded promise to better meet the needs of folks that have asked for additional or different services."

Opposition health critic Myrna Driedger said the government has clearly broken its word, because nurse practi-

tioners cannot perform all the services a doctor can. She also said thousands of Manitobans are still having trouble accessing either health professional.

"There's not a lot of nurse practitioners in rural Manitoba. So when you get outside the city, you'll find that there are a lot of challenges."

Family doctors are also different from nurse practitioners, Driedger said, in that they tend to have a long-term relationship with patients and are aware of their medical history. Nurse practitioners in clinics are often relied on for sudden, acute problems.

Blady said most people who want a health professional can find one. Figures from her department show as of October's end, there were only 735 people who had registered with a government program to locate doctors and had waited more than 30 days.

But Driedger said many Manitobans haven't registered with that service, and figures from regional health authorities show 11 per cent of Winnipeggers do not have a doctor.

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Canada Goose lays golden egg

ECONOMY

Winnipeg gets new factory for made-in-Canada jobs

Donna Maxwell
For Metro | Winnipeg

Canada Goose jackets have been flying off shelves in stores around the world and Tuesday the company furthered its commitment to keep its decidedly Canadian product made in Canada.

Canada Goose plans to double staff at a new factory in Winnipeg by early next year as it lays the groundwork for a bigger international expansion.

President and CEO Dani Reiss said a new facility opened last month and already employs 80 people.

He hopes to see that level spike — first to about 160 employees by March with a further goal of 364 people working there by the end of March 2017.

“We want to be able to support growth in the markets ... where we’re growing very quickly,” Reiss said in an

interview.

Hiring is being done in partnership with the Manitoba government, which has invested \$700,000 to support the training of employees. An additional \$100,000 came from a Canada job grant.

Kevin Chief, Manitoba Minister of Jobs and Economy, said Canada Goose produces 40,000 garments a year out of its Winnipeg plants and with additional staff anticipate upping that number to 200,000 by 2018. The company expects to employ 1,000 people by then.

“You can’t help but feel proud of today’s announcement,” Chief said.

Canada Goose has been quickly building its capacity over the past two years after securing a deal with U.S. private investment firm Bain Capital, which took a majority stake in the brand.

The company was founded in 1957 by Reiss’s grandfather, but over the past decade, the brand has become a household name, featured on the cover of Sports Illustrated’s swimsuit edition and in various Hollywood movies.

Last January, Canada Goose purchased a 45,000 square-

foot facility in Toronto from a company that was making its garments under contract.

Its new Winnipeg factory is significantly larger — measuring 103,000 square feet. It’s located at 1455 Mountain Ave., just north of the company’s existing operations in the city.

Reiss said the company decided years ago to keep their product made in Canada and that mindset has never changed.

“We made the bold, and some would say crazy, business decision to keep produc-

tion on Canadian soil at a time when everyone else moved offshore to chase better markets,” Reiss said. “We believed then and we do believe even more so today that people care about where and how things are made and that a jacket made to sur-

vive the coldest places on Earth must be made in Canada.”

He said Winnipeg is the perfect place to make winter jackets.

“We’re really proud to be made in Winnipeg. We’re a made-in-Canada success story,

but Winnipeg’s a big part of that success story.”

In total, Canada Goose now has two factories in Winnipeg and two in Toronto.

The company also contracts out manufacturing work to about 20 other factories across the country.

All of its products are made in Canada, with the exception of its gloves, which are manufactured in China. The company has said it can’t find a Canadian facility with the technology to make down-filled gloves.



Canada Goose hopes to employ an additional 350 workers by March of 2017. DONNA MAXWELL/FOR METRO



We’re really proud to be made in Winnipeg. We’re a made-in-Canada success story, but Winnipeg’s a big part of that success story. Dani Reiss, CEO

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Jim Carr, seen here speaking to volunteers after winning his riding in the recent election, said reviews of new oil pipelines are being worked on. THE CANADIAN PRESS

‘Transition phase’ for reviews: Carr

OIL PIPELINES

Aim is to restore public confidence, minister says

Reviews of new oil pipeline projects will go through a “transition phase” while public confidence in the process is restored, says Canada’s new minister of natural resources.

But Winnipeg MP James Carr says he can’t provide details of how any reforms might affect reviews of the Energy East and Trans Mountain projects, two proposals now before the National Energy Board that would bring Alberta energy to the coasts.

“We know it’s important. We’re on it. We’re working on it now,” he said. “We understand there are questions about the review. We understand there has to be certainty. We understand there will be a transition phase.”

“We also know we have to restore public confidence in the regulatory environment in this country and that’s what we intend to do.”

After U.S. President Barack Obama’s rejection of the Keystone XL project, TransCanada’s Energy East and Kinder Morgan’s Trans Mountain proposals are considered the best remaining hopes of get-

ting bitumen from Alberta’s oil sands to overseas markets.

In a mandate letter from Prime Minister Justin Trudeau, Carr is told to work with other ministers to restore “robust” environmental oversight in areas of federal jurisdiction. Asked if that meant climate change would be a consideration in such reviews, Carr suggested it would.

Carr said he couldn’t put a timeline on when any changes will be ready.

He believes it’s possible for Canada’s oil and gas industry to expand while the country still meets greenhouse gas reduction targets. But it will take co-

operation from all the provinces as well as industry, he suggested.

Trudeau has asked Carr to begin talks with his provincial counterparts on a national energy strategy. Carr added he’s also already spoken with his U.S. and Mexican colleagues on a North American clean-energy strategy.

Carr did say the makeup of the National Energy Board, which reviews major pipelines, should broadly reflect Canadian diversity. Aboriginal voices must also be heard, he said.

Peter Watson, chairman and CEO of the board, said some reform has already taken place since he started in his role in mid-2014.

THE CANADIAN PRESS

BRANDON, MAN.

Hostage-taking ends with no shots fired

A hostage-taking that began with a businessman being forced into his own car at gunpoint has ended safely.

Police say a suspect entered a business in Brandon, Man., with a loaded rifle and took the owner hostage.

The suspect tried to force the owner to drive to another spot in the city to find a third man.

The suspect said he was going to shoot the hostage, the other man and himself.



They are known to each other, along with the third ... that they were going to go find.

Sgt. K.N. McLean

Employees in the store fled and called police, who arrived

before the car left.

Guns drawn, officers approached the vehicle, and the suspect surrendered.

“No shots were fired, everyone is safe and the male is now in custody at our head office,” Sgt. K.N. McLean said Tuesday.

McLean would not say which business was involved.

Police aren’t yet sure exactly what happened. They would only say some kind of disagreement escalated.

“They are known to each other, along with the third individual that they were going to go find. They all know each other,” said McLean.

Police confirmed the suspect never worked at the business.

A 35-year-old man is in custody and faces a string of offences, including forcible confinement.

He is to appear in Brandon court Wednesday.

THE CANADIAN PRESS

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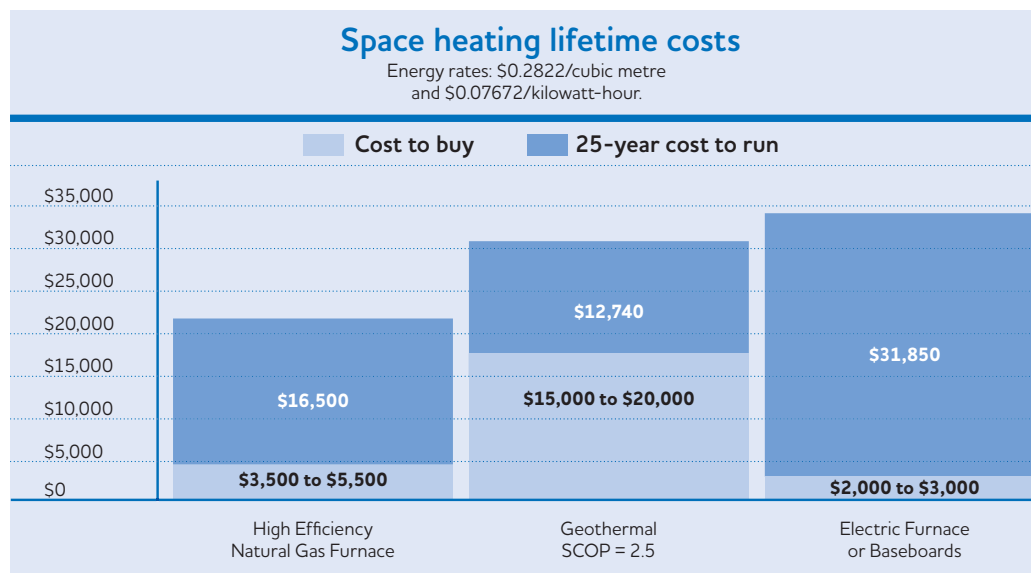


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Duffy to take stand in final chapter

TRIAL

Crown brings forward last of witnesses

The last chapter of the long trial of Sen. Mike Duffy will be headlined by a much anticipated appearance by the main character himself.

On Thursday, Ontario Justice Charles Vaillancourt will

resume hearing the Crown's case against Duffy on 31 charges of fraud, breach of trust and bribery. The senator for Prince Edward Island has pleaded not guilty, arguing he followed all the Senate's expense and spending rules as they were spelled out at the time.

Crown prosecutors will be wrapping up their evidence over the span of roughly a week, bringing forward a final

set of witnesses. Chief among them will be Duffy's friend and former colleague Gerald Donohue.

Duffy himself is expected to take the stand once the defence begins presenting its case, once the Crown is done.

Duffy awarded Donohue some Senate contracts for research and consulting services, and Donohue in turn cut cheques to other service providers through family com-

panies, including a private trainer and a makeup artist. Donohue has been in poor health, and the court has had difficulty organizing dates for his testimony.

That particular element of the trial will hardly be as compelling as the testimony in August of senior members of former prime minister Stephen Harper's staff, including former chief of staff Nigel Wright. THE CANADIAN PRESS



Former Conservative Senator Mike Duffy arrives at the courthouse in Ottawa in August. THE CANADIAN PRESS FILE

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POLITICS

Former Harper aide found not guilty

A former top aide to Stephen Harper has been found not guilty of influence-peddling — even though the judge in the case said that Bruce Carson did try to convince government officials to buy water treatment systems being sold by a firm that employed his former escort girlfriend.

But in the end, Carson attempted to influence the wrong people, because those officials had no direct ability to sway First Nations communities to purchase the equipment, Ontario Superior Court Justice Bonnie Warkentin ruled Tuesday.

Carson was charged in connection with his attempts to promote the sale of water purification systems for First Nations communities by a company known as H2O Pros and H2O Global that had hired his former girlfriend, Michele McPherson.

"It is abundantly clear that Mr. Carson was attempting to influence government officials within INAC (Indian and Northern Affairs Canada), cabinet ministers and their staff as well as high ranking members of the AFN (Assembly of First Nations) to promote H2O's water treatment systems," Warkentin

said in her ruling.

"Mr. Carson also admitted that he used his influence in this fashion in order to obtain a benefit for his then girlfriend," she added.

None of that mattered, however, since First Nations communities — and not the government — hold the power to decide whether to buy the water treatment systems the company was selling, Warkentin wrote in her decision.

"The evidence supports the defence position that it was the individual First Nations communities that determined whether or not to purchase the point-of-use systems being sold by H2O."

THE CANADIAN PRESS



Bruce Carson
THE CANADIAN PRESS FILE

POACHING

Two bison shot, killed in Elk Island National Park

Two bison have been shot and killed in a national park east of Edmonton.

Parks Canada says it happened near the north entrance of Elk Island National Park over the weekend of Oct. 17-18.

One of the animals was dragged along Highway 16, which bisects the park, to a field approximately 800 metres north of the park where some of its meat was cut off.

A white Dodge pick-

up truck with extra grill lights and a rooftop light bar was seen in the area and may have been involved.

It's illegal to hunt, harass, poach or injure any animal in a national park.

The fine for poaching bison start at \$4,500 to a maximum of \$750,000 and/or imprisonment of up to five years.

Pat Dunn, an external relations manager with Parks Canada, says the killings are "senseless."

THE CANADIAN PRESS



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Learn from U.S.: Addictions expert

SUBSTANCE USE

Data on the effects of pot legalization is scarce, crucial

The new federal government should proceed slowly with changing the country's drug laws, says the Canadian Centre on Substance Abuse, which has released a report on the U.S.'s experience legalizing cannabis.

Representatives with the centre, which is funded by Health Canada, met with officials from the two U.S. states to legalize pot for personal use — Colorado and Washington — to learn about what mistakes to avoid.

Rebecca Jesseman, senior adviser for the centre, said in an interview the Canadian addiction experts were given one key message during their visit south of the border: Take your time.

"They said to start incrementally and don't move too quickly," on marijuana legalization,

she said. "And make sure your decisions and your actions are informed by the best possible evidence available because there are going to be unanticipated consequences."

Representatives from the substance abuse centre, as well as other Canadian health experts and members of the RCMP, met with U.S. regulators, law-enforcement officials, marijuana producers as well as advocates for and against legalization.

Jesseman said it was important to go on the fact-finding mission because there isn't a lot reliable data on the American legalization experience and "waiting

access to children, reduce the drug market share of organized criminals and lessen the burden on the country's justice system.

Jesseman said those three points are a good place to start, but she added Trudeau needs to direct his government to begin collecting drug-related data immediately.

She said in order for the government to monitor the success or failure of policies, the country needs better baseline data on current drug habits in order to compare the figures with data collected after marijuana is legalized.

"There are questions that Colo-



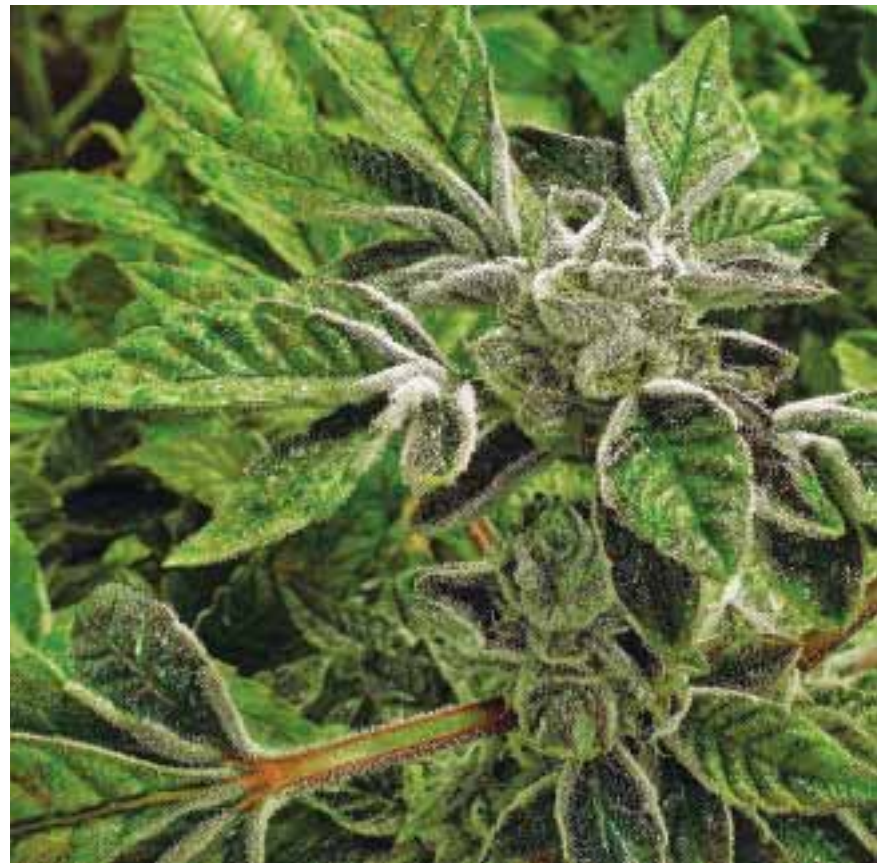
The greater the extent of (research) that can be done in advance the better.

Rebecca Jesseman

for scientific publications can take years."

Prime Minister Justin Trudeau said during the recent election campaign he wanted to legalize marijuana in order to restrict its

rado and Washington can't answer because there wasn't any baseline data," Jesseman said. "The greater the extent of work that can be done in advance the better." THE CANADIAN PRESS



The new federal government should **proceed slowly with changing the country's drug laws**, says the Canadian Centre on Substance Abuse, which has released a report on the U.S.'s experience legalizing cannabis. SETH PERLMAN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

ACCOUNT MANAGER, NEW BUSINESS DEVELOPMENT

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metr

SOCIAL ASSISTANCE

Report finds food bank use rising with more kids, seniors

Food Banks Canada is using its annual report on the number of people using food banks in the country to push anew for the federal and provincial governments to do away with the social assistance programs.

The group wants to see the existing bureaucracies that oversee social benefits, such as disability payments, instead funnel all the savings into tax measures that would put more money into the hands of low-income earners.

The group's executive director says that this would create a basic, minimum income for those living near or below the poverty line, and likely save money for governments.

Katharine Schmidt said the move could also reduce the

number of people using food banks, which this year crept up by about one per cent to more than 852,000 from the almost 842,000 recorded last year.

"It certainly wouldn't be an easy thing to do, but if we were to dismantle the existing bureaucracies and put in place a basic income that was administered through the tax system we really believe that it would reduce the overall cost to governments," she said.

"At the end of the day, we would be a better off Canada than we are today."

Food Banks Canada has seen two other regular requests in its annual HungerCount report become part of the Liberal government's campaign platform: to bring down the cost

of food in the territories, and money to build more affordable housing across the country.

The Liberals promised \$40 million over four years to

Nutrition North to help lower food prices in the North, and an affordable housing plan that includes a promise to eliminate the GST on all new rental builds in the country.

THE CANADIAN PRESS

\$40M

Amount promised to help lower food costs in the North over four years.

+ BY THE NUMBERS

A look at food bank use from the Food Banks Canada HungerCount 2015 report:

852,137: unique individuals who received food from a food bank in March 2015, making more than 1.2 million visits that month.

78,693: people who ac-

cessed a food bank for the first time in March 2015.

5 per cent: Families using food banks who are also homeless.

67 per cent: Food bank users who live in rental housing and pay market rents.

7 per cent: Food bank users who own their home.

35.8 per cent: Food bank users who are children.

16 per cent: Food bank users who are First Nations, Metis, or Inuit.

10 per cent: Food bank users who are immigrants or refugees who arrived in Canada in the past 10 years.

THE CANADIAN PRESS



Syrian refugee children play at a settlement on the outskirts of Mafrqa, Jordan, in October. Refugees from Syria won't be coming to Canada from a single camp. THE ASSOCIATED PRESS FILE

Logistics test refugee planners

IMMIGRATION

Getting 25,000 Syrians to Canada is a complex task

First came the announcement of the 25,000 Syrian refugees' fast-tracked arrival in Canada.

Now come the logistics. Admittedly, there are plenty of problems. Although numbers ramped up recently, the Harper government cut immigration staff and shrank refugee budgets over the past decade, making it more difficult to process thousands of people in the six weeks left until the end of the year. Or even the longer period that has been hinted at.

But consider the sheer logistics of getting 25,000 mainly Arabic-speaking Syrians from Lebanon, Turkey and Jordan to Canada without mishaps, missteps and the numerous

setbacks that face even ordinary travellers.

"I was one of those urging caution," says Howard Adelman, who launched a national campaign in 1979 that brought 60,000 Indochinese "boat people" to Canada in 24 months. But he added, "there was so much enthusiasm that I changed my mind."

Scott Mullin, labelled the "One-Man Board of Immigration" during the airlift of Vietnamese refugees from Sham Shui Po refugee camp in Hong Kong, processed thousands of people, sending off a flight every two to three days.

But he said, this operation will be more unpredictable and difficult, because the Syrian refugees won't be coming

from a single camp.

Even when they reach the airports, "flying is complicated. There are baggage limits. Women have babies. Elderly people die. And then there's someone who forgot to add their nephew to their documentation papers, so you have six people instead of five."

Military rather than chartered commercial transport may be a less complex way of travel, and better equipped for dealing with security problems and emergencies, says Walter Dorn, a professor of defence studies at Royal Military College of Canada. But he warns it's more expensive by far and military aircraft aren't outfitted for large numbers of passengers. TORSTAR NEWS SERVICE



When the government is this gutsy and ambitious, I don't think anybody will care if they're not all here by Jan. 1.

Howard Adelman, who launched a 1979 campaign

SECURITY

Refugee screening process contains several steps

Government-sponsored refugees normally go through three levels of screening:

- Registering with the United Nations High Commissioner for Refugees.
- Tell their story of how they escaped and why.
- Confirm their identity through documents, biometric security screening.

- Be registered in an automated and interconnected system.
- Red flag any cases of war crimes or criminality.
- UNHCR re-settlement list.
- Triage refugees and select 1 per cent who could be resettled.
- Interview candidates again.
- Give priority to the vulnerable, including those with medical problems, sin-

- gle mothers and children.
- Single young men unlikely to make the cut.
- Interview with Canadian visa officers.
- Interviews with visa officers in the Middle East.
- Confirm story again.
- Run names through databases of Canadian Border Services Agency, Canadian Security Intelligence Service and RCMP.

TORSTAR NEWS SERVICE

MILITARY

More troops to join training mission

Canada will deploy more troops to help train local fighters battling Islamic State extremists as part of Canada's renewed commitment to the anti-terror fight, Prime Minister Justin Trudeau says.

Trudeau confirmed Tuesday what he has been hinting at for several days — that a beefed-up training mission will mark the core of Canada's changing contribution to the coalition fight against extremists in Iraq and Syria. But Trudeau also warned the battle against the terrorists will "not be a short engagement."

The additional troops will come as the Liberal government makes good on its election pledge to end the year-long combat mission by CF-18

fighter jets bombing extremist targets in Iraq and Syria.

Instead, Canada will announce it will commit more soldiers to the training role to enable local militia to take the fight to the extremists and reclaim territory in Iraq lost to Islamic State of Iraq and the Levant (ISIL) forces.

Talking to reporters, Trudeau said the new military mission is certain to involve more than the 69 Canadian troops already on the ground in northern Iraq, an operation launched more than a year ago to train peshmerga forces. But just how many more, their exact mission and the timing of the deployment are all questions that are being looked at, he said. TORSTAR NEWS SERVICE



Prime Minister Justin Trudeau talks to reporters en route to the Philippines on Tuesday for the APEC summit. THE CANADIAN PRESS

RCMP

Hidden knife leads to arrest on Parliament Hill

The Mounties arrested a man carrying a hidden knife outside the Parliament Buildings on Tuesday, as security forces remain on high alert following the recent deadly terror attacks in Paris and Beirut.

The Parliamentary Protective Service apprehended the man outside Centre Block and took him into custody, RCMP Cpl. Valerie Thibodeau said Tuesday evening.

Charges were pending as of early Tuesday evening, and the investigation is ongoing. It was unclear whether the investigation was terrorism-related. There were no available details on the alleged knife's size or type.

Under the Criminal Code, a knife with a blade that opens automatically by gravity, force or the push of a button is considered a prohibited weapon. Centre Block, which includes the House of Commons and the Senate, is a popular tourist destination and many cabinet ministers have offices there. METRO

SANTA HAS A SECRET THIS YEAR...

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EUROPE

Activists urge open borders

Europe must resist the urge to seal its borders to refugees and asylum seekers in the wake of the deadly attacks in Paris last week, Amnesty International said today.

The human rights group is calling for safe, legal routes for the refugees to reach Europe and efficient screening processes to allow them to stay.

"Giving in to fear in the wake of the atrocious attacks on Paris will not protect anyone," John Dalhuisen, Amnesty's director for Europe and Central Asia, said in a statement.

"The numbers fleeing persecution and conflict have not gone away, nor has their entitlement to protection. In the wake of this tragedy, the failure to extend solidarity to people seeking shelter in Europe, often after fleeing the very same kind of violence, would be a cowardly abdication of responsibility and a tragic victory for terror over humanity."

Irregular arrivals into the European Union totaled about 500,000 in September alone, compared to 280,000 in all of last year, Amnesty said in "Fear and Fences: Europe's Approach to Keeping Refugees at Bay."

The report details human rights abuses and push-backs on the border between Spain and North Africa, along the dangerous eastern Mediterranean route via Turkey and on the borders of Macedonia, Serbia and Hungary.

European Union countries have built more than 235 kilometres of fence along their borders, Amnesty found.

A 23-year-old Palestinian refugee from Syria described being held in a dirty police cell in Greece before being sent back to Turkey.

"I was shaking from hunger and one of my friends was looking really white. I got really angry and started shouting that they would be responsible for what happened to us and that we needed food and water. The children hadn't eaten for two days and neither had we," he said.

TORSTAR NEWS SERVICE



A refugee crosses the Greek-Macedonian border Tuesday.

GETTY IMAGES



People observe a minute of silence on Monday outside the La Belle Equipe — one of the targeted shooting sites — on Rue de Charonne in the XI arrondissements in Paris. JACQUES DEMARTHON/AFP/GETTY IMAGES

Café des Anges: A living memorial to its victims

Paris Staff regularly traded back and forth with La Belle Equipe



**Marco Chown Oved
IN PARIS**

A short walk from the public mourning in Place de la République and the bouquets at each shooting site is a café that doesn't appear to have any connection to the November 13th terror-

ist attacks.

But if you go past the round tables lined up along the sidewalk and through the blue French doors on the corner, it becomes clear the Café des Anges is a living memorial to its victims.

Five current and former employees as well as six regular customers were killed at La Belle Equipe, an establishment so intertwined with this one that they traded staff back and forth.

More than two dozen friends had gathered there on the fateful evening to celebrate waitress Houda Saadi's 35th birthday. They were sitting on the terrace and bore the brunt of the assault when it came. Many are still in



We have always had people that come from everywhere, from every country, every religion. Christians, Muslims, Orthodox, everyone.

Café des Anges manager Virgile Grunberg

hospital. Eleven didn't make it.

Among the dead are Hodda and her older sister Hamila, 36, bartender Lacrimioava (Lacri) Pop and her partner Ciprian Calciu, waitress Michelli Gil Jaimez, 27, former bartender Guillaume Le Dramp, 33, and regulars Ludovic Boumbas, René Bichon and Hyacinthe Koma.

"Just thinking about it brings

back images, very graphic images," said Café des Anges's manager Virgile Grunberg.

One invitee showed up late and found police tape and carnage where the party was supposed to be. A pair of brothers dragged their dying sisters from the chaos and desperately performed CPR as they waited for help to arrive.

I spent most of the day with Grunberg and his staff and watched them put on a brave face as the lunchtime rush arrived. They poured coffee, cleared tables and hauled cases of wine up from the basement, all while stopping to chat with those who came by to pay their respects, and greeting regulars with a hug instead of the customary bisous.

"We are all very close, the staff, the customers," Grunberg said. "This is a neighbourhood café. People come everyday and they tend to spend a lot of time here. We're all part of each other's lives."

Axel, a bartender, put it more succinctly: "we're family."

TORSTAR NEWS SERVICE

FRANCE

Police continue manhunt

France's defence minister says 10 French fighter jets are carrying out new airstrikes on Islamic State of Iraq and the Levant (ISIL) group targets in Syria.

Minister Jean-Yves Le Drian says the jets have carried out new raids Tuesday evening. Speaking on TF1 TV, the French defence minister said France will have 36 fighter jets in the region capable of carrying out airstrikes on ISIL targets once the Charles de Gaulle aircraft carrier reaches the zone. The carrier embarks

+ MOSCOW

A sombre President Vladimir Putin ordered the Russian missile cruiser Moskva, currently in the Mediterranean, to start co-operating with the French military on operations in Syria.

from Toulon on Thursday.

Meanwhile, French police are hunting for a second fugitive directly involved in the deadly Paris attacks, officials

said Tuesday, as France made an unprecedented demand that its European Union allies support its military action against the ISIL group.

French and Belgian police were already looking for a key suspect, 26-year-old Salah Abdeslam, whose suicide-bomber brother, Brahim, died in the attacks Friday night that killed at least 129 people and left over 350 wounded in Paris. ISIL militants have claimed responsibility for the carnage.

THE ASSOCIATED PRESS



French warplanes are shown bombing operational sites at the Islamic State of Iraq and the Levant's Syria stronghold Raqqa. Tuesday marked France's third consecutive day of airstrikes against jihadists. AFP PHOTO/ ECPAD/EMA



House Speaker Paul Ryan, joined by House Majority Whip Steve Scalise, left, meets with reporters on Capitol Hill in Washington, Tuesday, following a GOP strategy session.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

U.S. leaders seek refugee 'pause'

GOVERNMENT

Democratic governor joins Republicans in mass backlash

It is not clear that any of the Islamic State of Iraq and the Levant (ISIL) terrorists who attacked Paris last week was a Syrian refugee. But early reports that one attacker entered Europe on a refugee boat to Greece, with a Syrian passport (now believed to be fake), have prompted an immediate and fierce backlash from Republicans across the U.S.

Twenty-nine Republican governors have declared this week that their states will not accept Syrian refugees. The list includes the leaders of not only deeply conservative states like Idaho and Alabama but also Massachusetts, Maryland and even Michigan, which already has a large Syrian population.

Governors don't actually have the power to decide who moves to their states once accepted

into the country by the federal government. But they can deny support to programs that help refugees survive and integrate, and they can try to pressure Washington to direct refugees somewhere else.

New Hampshire Gov. Maggie Hassan, a Democrat, gave Republicans political cover Monday when she called for the federal government to "halt acceptance of refugees from Syria" until U.S. security officials can ensure the refugees are being sufficiently vetted.

No other Democratic governor has publicly joined the anti-refugee side. Hassan, running for the U.S. Senate next year, took an even firmer stance than the one held by most of the Republican governors, who are generally not asking Washington to abandon the whole national program.

The chairman of the House Homeland Security Committee said he would put forward a bill to suspend the resettlement program. And at least one Republican senator said he wanted to insert a proposal to curtail the refugee program into an

CONTROVERSY

Paul Ryan asks for break

The new Speaker of the House called Tuesday for a "pause" in the intake of Syrian refugees. "This is a moment where it is better to be safe than to be sorry," Paul Ryan said. He wants the government "to better guarantee that members of (ISIL) are not infiltrating themselves among the refugee population."

important upcoming spending bill, raising the prospect of a government shutdown over the issue.

President Barack Obama, who has himself faced criticism for refusing to accept a larger number of Syrians, said it is "shameful" to suggest a religious test for refugees. "A new low," Democratic frontrunner Hillary Clinton agreed on Twitter. And Delaware Gov. Jack Markell, who is Jewish, invoked the story of the St. Louis, the boat filled with Jewish refugees from Germany that was turned away by the U.S. (and Canada) in 1939.

"We should rally around the president's call for compassion for a suffering population that wants nothing more than a safe place to rebuild their lives from the rubble of war," Markell wrote. TORSTAR NEWS SERVICE

GERMANY

Bomb threat halts soccer game

SOLIDARITY

French, English soccer teams unite in defiance

Uniting in a symbol of defiance and respect, players and fans of the French and English soccer teams delivered a moving display of solidarity at Wembley Stadium four days after the deadly attacks in Paris.

A touching pre-game ceremony saw England and

France supporters sing the French national anthem as one, before the squads came together around the centre circle to observe impeccably a minute's silence in honour of the 129 people killed. England won 2-0, but rarely has the result of a soccer match — particularly one this prestigious — felt so irrelevant. THE ASSOCIATED PRESS

ister Boris Pistorius, speaking at a late news conference, said no explosives had been found by then, and no arrests



Two police officers stand in the stadium in Hannover, Germany, after a friendly game between Germany and the Netherlands was canceled. MARKUS SCHREIBER/THE ASSOCIATED PRESS

had been made.

Pistorius said there was no confirmation of rumours that an explosive device was placed in an ambulance or another vehicle inside or outside the stadium.

Federal Interior Minister Thomas de Maiziere told the same news conference that indications of a planned attack became stronger as the match approached, and that the game was called off at his recommendation.

There were no signs of panic, with most fans seemingly accepting the decision with resignation. THE ASSOCIATED PRESS

A large advertisement for Garden City Shopping Centre. It features a dark blue background with white snowflakes and a green aurora-like glow at the bottom. The text "A NEW REASON TO TALK SHOP..." is written in large, bold, white letters. At the bottom, the Garden City Shopping Centre logo is visible, along with the website "ShopGardenCity.ca".



We should rally around the president's call for compassion for a suffering population that wants nothing more than a safe place to rebuild their lives.

Delaware Gov. Jack Markell

Costa Rica proposes a migrant 'corridor'

CENTRAL AMERICA

Tensions rise as Cubans are pushed back by Nicaragua

Costa Rica on Tuesday proposed the creation of a "humanitarian corridor" for Cuban migrants transiting Central America en route to the United States as their numbers swell at its northern border with Nicaragua.

Foreign Minister Manuel Gonzalez said in a radio interview that there must be a co-ordinated solution for the Cubans, who are currently being blocked by Nicaraguan soldiers from entering the country.

"We have nearly 2,000 people at the border," Gonzalez said. "We have to do something with them, give them a solution. They want to continue. Even though a government sends the army

after a peaceful migrant population, they are going to find a way to go."

Nicaraguan troops forcefully pushed the Cubans back into Costa Rica on Sunday.

Dagoberto Fernandez, a Cuban mechanic travelling with his pregnant wife, said they began their journey from Ecuador and had no problems until now.

"Everyone that we have encountered since leaving Ecuador is behaving well. The problem began upon arriving at the border with Nicaragua," Fernandez said.

"We don't want to stay. We don't want problems," he said. "We're a group of human beings trying to achieve their dream: arrive in the United States."

Costa Rica announced Friday that it was issuing special seven-day transit visas for Cuban migrants. The proposed humanitarian corridor would seek to protect their rights as they travel north. THE ASSOCIATED PRESS



Cuban migrants rest near the immigration office in Peñas Blancas, Costa Rica. ESTEBAN FELIX/THE ASSOCIATED PRESS

MURDER TRIAL

Jury shown video of wife's last moments

A jury on Tuesday viewed a surveillance video depicting the final moments of a young wife's life before she was fatally shot by her husband, who later posted a photo of her dead body on Facebook and insists he fired in self-defence.

The video, from one of several cameras at the couple's South Miami home, shows no evidence that 27-year-old Jennifer Alfonso was physically attacking Derek Medina as he claims before he gunned her down in their kitchen in August 2013.

But the video angle also does

not capture everything that happened in the kitchen, nor the shooting itself.

Two police officers who dealt with Medina the day of the slaying testified that he never asked for medical attention and showed no evidence of physical injury.

Prosecutors said Tuesday they are close to wrapping up their main case, after which the defence will begin putting on its witnesses.

It's not yet clear whether Medina will testify. He faces life in prison if convicted of first-degree murder. THE ASSOCIATED PRESS

DEATH ROW

Texas to execute man for killing three in fire

Texas inmate Raphael Holiday is set for lethal injection Wednesday evening for setting fire to a log cabin and killing his toddler daughter and her two young half-sisters 15 years ago. It's a crime he says he did not commit. "I loved my kids," Holiday, 36, said recently from a

visiting cage outside Texas' death row. "I never would do harm to any of them."

A jury found him responsible for the fatal blaze, however. Holiday would be the 13th prisoner executed this year in Texas, which carries out the death penalty more than any other state, and 26th convict executed this year. THE ASSOCIATED PRESS

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Deadly earthquake hits Greek island

NATURAL DISASTER

Lefkada wracked by landslides in strong tremor

A strong earthquake with a preliminary magnitude of at least 6.1 hit the western Greek island of Lefkada on Tuesday, killing two people,

sparkling landslides and causing extensive damage to roads and buildings on Lefkada and nearby islands.

The temblor was felt across western Greece prompting residents on Lefkada and the nearby Ionian Sea island of Kefalonia to rush out onto the streets.

The Athens Geodynamic Institute said the undersea quake had a preliminary magnitude of 6.1 and occurred

at 9:10 a.m. (0710 GMT) off Greece's western mainland, 300 kilometres (186 miles) west of Athens.

The U.S. Geological Survey put the preliminary magnitude at 6.5. Different agencies often have varying preliminary magnitudes in the hours and sometimes even days after a quake.

Greek authorities were struggling to assess the damage, their efforts hampered

by landslides that blocked Lefkada's narrow, mountainous roads.

The fire department said an 82-year-old woman was killed in the village of Athani when a wall collapsed on her and a 69-year-old woman died in another village when a boulder loosened by the earthquake tumbled down onto her house. Four people were hospitalized with non-life-threatening injuries. THE ASSOCIATED PRESS



A man walks inside a destroyed house after an earthquake at the village of Pothi. ANTONIS NIKOLOPOULOS/EUROKINISSI VIA AP

SEVERE WEATHER

Storm leaves snow, possible tornadoes

A powerful wintery storm dumped heavy snow on parts of Colorado on Tuesday while bringing the threat of tornadoes to millions in central and southern states.

Much of Interstate 70, Colorado's main east-west highway, was closed because of blizzard conditions on the state's Eastern Plains as well as in northwest Kansas, where up to 15 inches of snow and heavy winds are in the forecast.

Dozens of semi-trailers and cars were lined up along the interstate and a nearby frontage road on Tuesday as strong winds blew snow across the road.

"I've got to go to Liberal, Kansas, and this is the best way to go. So I came this way not realizing that they were shutting the roads down, that it was that bad," said truck driver Thomas Meyer, who was travelling with his dog, Little Hank.

Truck driver Fernando Rendell said he was headed to Kansas City, Missouri, but stopped

after seeing two trucks in the ditch along the slick interstate.

As the system pushed east, the National Weather Service issued a tornado watch for parts of Texas, including Houston, and a large swath of Arkansas, where heavy rain had led to standing water in Little Rock and winds caused

property damage in the southwest part of the state.

Tornado watches also are in effect for most of Louisiana and western Mississippi through the evening hours, while Alabama is bracing for severe storms on Wednesday.

On Monday, at least five tornadoes touched

down in the Texas Panhandle, including one that hit a Halliburton district office near Pampa.

Early Tuesday, two weak tornadoes touched down in the northern suburbs of the Dallas-Fort Worth area, according to the National Weather Service. No one was injured in any of the tornadoes.

THE ASSOCIATED PRESS

“We’ve been projecting that we’re going to have a wet winter and this is a sign that it’s going to happen.”

Kathy Hoxsie, National Weather Service

DIPLOMACY

North Korean ambassador says UN chief should visit

A senior North Korean diplomat said Tuesday he knows nothing about reported plans for a visit to Pyongyang by UN Secretary-General Ban Ki-moon, but that if the UN chief does come he should help improve relations between the two Koreas and between the North and the United Nations.

Ri Hung Sik was responding to questions at a news conference Tuesday about a South Korean news

report that the UN chief would visit the North Korean capital this week for a possible meeting with leader Kim Jong Un. He repeated twice, “I know nothing.”

But Ri, an ambassador-at-large in the Foreign Ministry, said, “it is very natural, it is ordinary for the UN secretary-general to visit its member states.”

UN spokesman Stephane Dujarric said Tuesday the secretary-general will not be visiting North Korea this week. THE ASSOCIATED PRESS

Join us November 21st from 10AM to 1PM for the reveal and Santa Claus Parade.

Celebrate Santa's arrival with special appearances, music and a good ol' holiday sing along. Mr. Claus will make his grand entrance at 12pm and will be available for photos.

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DIAMOND EXPLORATION

De Beers is seeking First Nation support

An exploration team from De Beers Canada was expected to be in northern Ontario's remote Weenusk First Nation on Tuesday, to seek community support to conduct diamond exploration work.

Weenusk First Nation, or Peawanuck, is a small community of nearly 400 people, 1,400 km north of Toronto, on the shores of the Winisk River.

The Cree community is divided on whether or not they support mining in their ecologically sensitive and undisturbed traditional lands. Many live off the land, fishing and hunting caribou. They are concerned about the consequences of mining development.

De Beers is one of the world's largest diamond mine companies, operating with its partners in 20 countries across five continents. Each year, the company pulls 600,000 carats of diamonds out of the Victor Diamond Mine, 90 kilometres west of Attawapiskat First Nation. But the Victor Mine nears

the end of its life span in four years.

De Beers is now looking for fresh sources for diamonds. Northern Ontario is believed to be rife with many precious resources that have been difficult to mine for a number of reasons — including ecological sensitivity of the land, remoteness and the need for First Nations agreement.

De Beers currently has a \$1-billion infrastructure investment at the Victor Mine and it hopes to expand on that by opening Tango, an extension mine seven kilometres away. Tango's environmental assessment is still ongoing.

Weenusk band councilor Georgina Pepan said she is not going to the meeting on Tuesday.

"I have already said what I had to say and I'm not interested in mining," said Pepan, she added the chief will also not be in attendance as he is out of town.

TORSTAR NEWS SERVICE

"I have already said what I had to say and I'm not interested in mining."

Georgina Pepan



The big players are pulling out all the stops to get your breakfast business. Doug Fisher is president of food service consultancy firm FHGI in Toronto and likes Starbucks but also enjoys the odd McDonald's breakfast sandwich. TORSTAR NEWS SERVICE

Fast-food giants fight for breakfast dollars

RESTAURANTS

Rivals try to lure customers from leader Tim Hortons

Doug Fisher tries to steer clear of fast food for breakfast, but once in a while the president of food service consultancy firm FHGI International Inc. in Toronto has one of Starbucks' decadent egg sandwiches.

"Breakfast is a hot item, and it's an open market," he says.

The giants are locked in a battle for your breakfast business. Fisher says they're all trying to lure you away from top player Tim Hortons which has over half the morning market share among "quick service" chains. McDonald's has been the most successful at stealing market share from Tims with its wildly popular coffee and McCafé offerings, Fisher says.

Breakfast accounts for 27 per cent of all fast food revenue, up from 20 per cent last year. According to research firm NPD Group, the morning meal (breakfast and early snack) ac-

tually surpassed lunch in 2014 as the industry's biggest business "day part" in Canada. It accounts for 35 per cent of all fast food traffic compared to 25 per cent at lunch, says NPD.

Most of the giants have launched new breakfast menu items recently.

They range from so-called healthy fast food to traditional, higher-calorie fare, says marketing professor Ken Wong at

the Smith School of Business at Queen's University. The Egg McMuffin, which was introduced in Canada in 1976, is still among the lightest menu items out there at 290 calories.

Tim Hortons offers some brekkie sandwiches under 300 calories, while others are about 500 calories. At the other end of the scale, Burger King's Enormous Omelette Sandwich weighs in at 750 calories.

TORSTAR NEWS SERVICE



McDonald's Egg McMuffin

TORSTAR NEWS SERVICE

IN BRIEF

Apple Pay now in Canada

Apple Pay launched in Canada on Tuesday but it currently accepts only American Express cards issued by Amex Bank of Canada and the tap-and-pay system only works with the iPhone 6 and 6S models. Apple said seven retailers, including Tim Hortons, Petro-Canada and Indigo Books and Music, will accept payments at first.

THE CANADIAN PRESS

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ROSEMARY WESTWOOD

Hate-crime headlines and anti-immigrant sentiment don't completely describe this country. There are 35 million people in Canada. And the vast majority of them are not attacking Muslims right now.



A few things have happened to Farheen Khan since terrorists attacked Paris.

Yesterday, as she was getting ready to leave her house, her mother told her to make sure she called, to say that she's safe.

In the wake of hate crimes against Canadian Muslims, there's "fear, that we need to be careful," said Khan, a Mississauga writer, community activist, former NDP candidate in the last election and a Muslim who wears a hijab.

Then later yesterday, gasping up her car, an elderly man was watching her intently. "It looked like he wanted to say something." But instead he offered a deep, heartfelt smile. Khan sensed he "wanted to say I'm sorry that you're going through this."

You might think Islamophobia is sweeping this country: A Molotov cocktail tossed into a Peterborough mosque; a Toronto woman attacked in what police are calling a crime "motivated by hate;" a misguided woman with a sign on her lawn asking Muslims if they're sorry for what their "brothers" did in Paris.

More than 60,000 have signed a petition to slow Canada's acceptance of Syrian refugees. Saskatchewan's premier and Quebec City's mayor are both questioning the Liberals' plan — to offer a new home to 25,000 Syrians fleeing their country's civil war.

The hate-motivated crimes are "heinous and tragic," Khan said. But they have also lead to examples of support, like the Peterborough mosque. "You see the community rally



(ISIL) have nothing to do with the average Canadian Muslim, or the average Muslim, period.

Farheen Khan

together and try to raise money for this mosque." Loud voices support Canada's refugee commitments, too.

Islamophobia in Canada has peaks and lulls. Like after 9/11, we're in a peak,

Khan said.

"There needs to be a distinction. In a lot of people's minds we need to be able to create that sense that, you know what, an extremist group — they're an organ-

ized crime agency, they have nothing to do with the average Muslim Canadian or the average Muslim, period."

Khan added that clearly, education must continue.

"The last 10 years that we've been under the Harper Conservatives really added fuel to the fire. We've gone a little backwards."

We'll see if the new tone of the Liberals helps change things, Khan said. And she agreed with me that hate-crime headlines and anti-immigrant sentiment don't completely describe this country.

There are 35 million people in Canada. And the vast majority of them aren't attacking Muslims right now.

When we give in to fear and bigotry, the extremists win



Michael Coren
For Metro

I am currently in London, England, and the ripples from the Paris massacre are still being felt in this enormous city. It was all the more biting for me as our eldest daughter lives in Paris. Thank God she's okay, but one of her friends was shot in the arm. Proximity and love make it all so grotesquely real.

So, however, do the responses; especially when they are thoughtless, reactionary and soaked in rhetoric.

The mood here is that if we are to defeat these gargoyles of immorality, we must maintain our cultural superiority. And that culture consists of tolerance, religious pluralism, gay and women's rights, the rule of law and the acceptance of the stranger. To compromise on this would be to allow ISIL to win.

Yet within moments of the attack, not only social media but mainstream newspapers were calling not just for severe responses against ISIL — which is entirely justified — but warning against anybody perceived as a

threat. Namely: Muslims and migrants.

The truth, however, is that the overwhelming majority of Muslims not only detest ISIL but are its first victims. As for migrants, the very reason many of them are fleeing is to escape Islamist barbarism. That feeling is strong in London, but I'm not so sure it's the case across the Atlantic.

As for increasing the military campaign against the terror group — and perhaps we have to do so — we should also remember that it was the Gulf War, the western coalition's invasion of Saddam's Iraq, that destabilized the region and led to the very anarchy we now see. If you doubt me, think back to the situation before that campaign took place.

So the West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating. Every time we make a sweeping statement about Islam, call on borders to be closed or call for migrants to be treated like potential terrorists, we play into the hands of ISIL and empower the very people we claim to oppose.

I have written an entire book about the persecution of Christians by Islamic extremists, and am not some naive fool who doesn't understand how the Muslim faith can be twisted. But I also know true Islam and true Muslim people.

As a submachine-gun-carrying British cop said to me just hours after the massacre, "These bastards have to be stopped." His name was Mohammad.

The West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating.

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Charlie Sheen on life with HIV

THE ANNOUNCEMENT

Actor reveals diagnosis to end extortion, reduce stigma

Former Two and a Half Men star Charlie Sheen has HIV.

In an interview Tuesday on NBC's Today, the 50-year-old

actor said he tested positive for the virus that causes AIDS about four years ago, but that, thanks to a rigorous drug regimen, he's healthy.

When asked by co-host Matt Lauer if he had transmitted the disease to others, he declared, "Impossible. Impossible," and insisted he had informed every sexual partner of his condi-

tion beforehand.

Since his diagnosis, he has had unprotected sex with only two partners, he said, adding, with no further clarification, "They were under the care of my doctor and they were completely warned ahead of time."

He said one reason for going public with his condition was to put a stop to shakedowns from prostitutes and others

who threatened to out him.

He said one prostitute took a photo of the HIV-related drugs in his medicine cabinet and threatened to sell that photo to the tabloids.

He said he had paid "enough to bring it into the millions" — perhaps as much as \$10 million — to buy their silence and now was seeking to "put a stop to this barrage of attacks and sub-truths."

"Are you still paying these people?" Lauer asked him.

"Not after today I'm not," said Sheen, who during his appearance appeared jumpy and spoke in stuttering bursts.

Asked by Lauer if he expected "a barrage of lawsuits" from past sexual partners alleging he infected them, he said wanly, "I'm sure that's next."

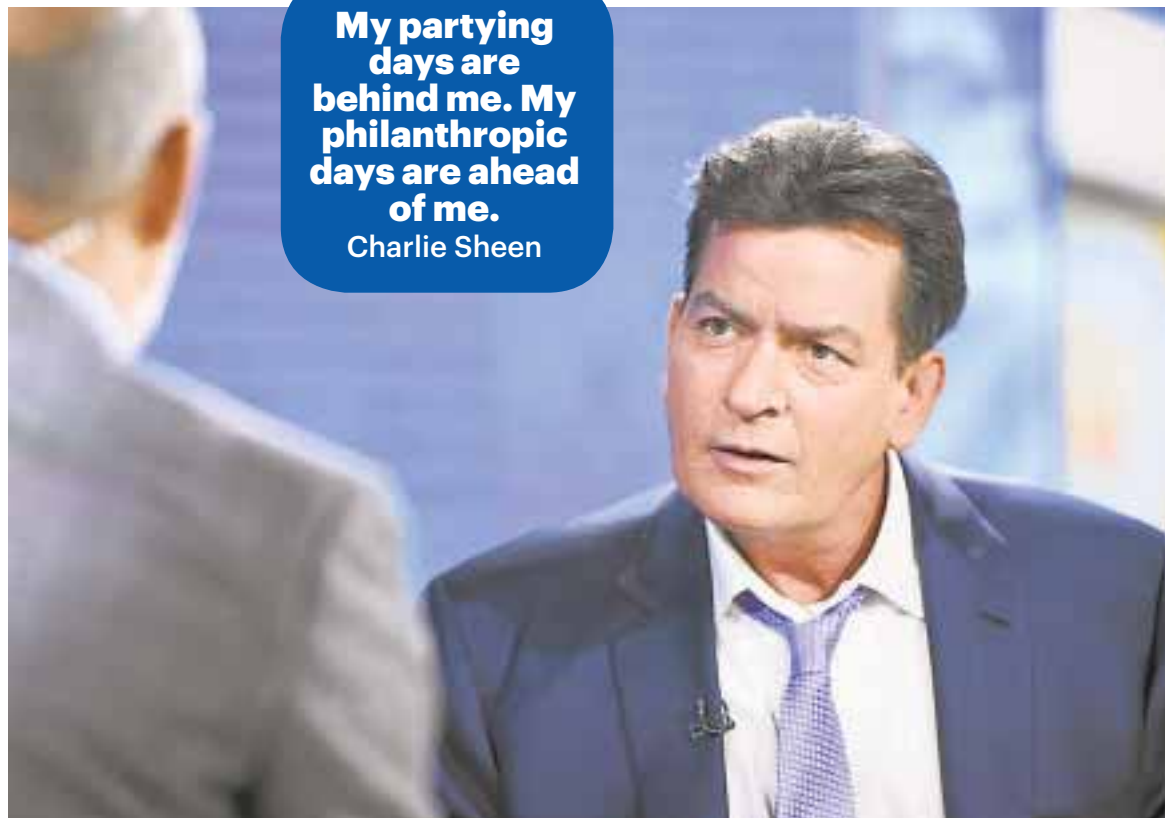
With his public pronouncement, Sheen said he hoped to

reduce the stigma and shame still felt by some others diagnosed with HIV, as well as by those who are reluctant to be tested in the first place.

"I have a responsibility now to better myself and to help a lot of other people," he said. "And hopefully with what we're doing today, others may come forward and say, 'Thanks, Charlie, for kicking the door open.'"

THE ASSOCIATED PRESS

My partying days are behind me. My philanthropic days are ahead of me.
Charlie Sheen



Charlie Sheen in an interview Tuesday said he tested positive four years ago for the virus that causes AIDS. NBC/THE ASSOCIATED PRESS

SHEEN NOT ALONE

Blackmail not new hazard for celebrities

Here are some other big names who've been blackmailed:

Bill Cosby: In 1997, Autumn Jackson attempted to extort \$40 million from the comedian, alleging Cosby may have fathered Jackson during an affair. Jackson was convicted of extortion and sentenced to 26 months in prison.

Cameron Diaz: In 2005, photographer John Rutter threatened to release racy topless photos he'd taken of the actress in 1992 unless she

paid him \$3.5 million. A California judge convicted Rutter and sentenced him to three years and eight months in prison.

Yoko Ono: In 2006, chauffeur Koral Karsan was sentenced to time served after pleading guilty to attempted grand larceny following a demand for \$2 million not to release embarrassing photos of Ono.

David Letterman: In 2006, former CBS news producer

Robert Halderman demanded \$2 million from the former late-night host to keep quiet about affairs Letterman had with female staffers on his show, including Halderman's girlfriend. Letterman acknowledged the affairs and apologized on air while Halderman was convicted and spent four months in jail.

John Travolta: In 2009, following the sudden death of his son Jett in the Bahamas, a paramedic and an ex-senator

demanding \$25 million not to release personal info about the actor's role in the event. The charges were dismissed a year later at Travolta's request.

John Stamos: In 2010, Michigan couple Allison Coss and Scott Sippola tried to squeeze the TV actor for \$680,000 after claiming to have photos of Stamos using illegal drugs and cavorting with prostitutes. They were each sentenced to four years in prison. TORSTAR NEWS SERVICE

WHAT TO KNOW

AIDS activists react

Three Toronto social workers talked about what they hope people will take away from the Sheen's HIV-positive reveal.

DO

...practice what you tweet

"People are much more willing to talk about HIV and show compassion and that's incredible," says Murray Jose-Boerbridge, executive director of the Toronto People with AIDS Foundation. "The next hurdle there is to actually take that to action."

...start treatment right away

"What we're hearing in the research is it's really important to start your treatment right away when you find out," says Jocelyn Watchorn, the AIDS Committee of Toronto's director of support services.

...disclose to your children at your own pace

Sheen spoke about coming clean to his 31-year-old daughter Cassandra. "It's helpful when the parents themselves have done a lot of work in terms of their own acceptance of HIV," says Nicci Stein, executive director of the Teresa Group, which advocates for children and families affected by HIV and AIDS.

DON'T

...talk about HIV like it's a karmic punishment

"People always think, 'I'm not that kind of person, therefore I'm fine,'" Stein says. "There's such a wide variety of people who are living with HIV through all sorts of circumstances."

...assume Sheen represents all HIV-positive people

"I'd hate to see discussion or resources move to follow the trend of a star. The vast majority of people living with HIV continue to be gay men or other individuals who are experiencing societal gaps," says Jose-Boerbridge.

...underestimate the value of a celebrity ally

"He has the capacity and he certainly has the following to actually raise provocative conversation," Jose-Boerbridge says. "To actually challenge people to really think."

TORSTAR NEWS SERVICE

SOME FACTS ABOUT HIV

- Cocktails of powerful medications have turned HIV into a manageable chronic disease for many people who can afford them. Those drugs also reduce the amount of HIV virus circulating in the body, what's called the "viral load," often to undetectable levels. That, in turn, reduces their chance of transmitting HIV to sexual partners, one reason that health officials urge early treatment.

- There is no vaccine. Condoms if used consistently and correctly are highly effective at preventing sexual transmission. Also, a daily pill sometimes is prescribed for healthy people to help prevent them from becoming infected by partners who have the virus, something called "pre-exposure prophylaxis" or PrEP.

THE ASSOCIATED PRESS

IN CANADA
71,300 people are estimated to be living with HIV, as of 2011.

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'Tis the season for slow cooker meals

QUICK RECIPES

Try these fun dishes that are perfect for busy families

Ceri Marsh & Laura Keogh
For Metro Canada



We're going to tell you the one thing that is certain to make your life easier. And you're likely going to be surprised that it's a kitchen appliance. However, if you need to get meals on the table for your family everyday, without fail, then a slow cooker is truly your savior.

We know — it's wildly unsexy, but this magical appliance is the easiest way to deliver home-cooked meals without all the, well, you know, being home and cooking.

Whether you toss your dinner in the pot in the morning and head out the door to work or fill it with goodness before you go to bed, your family is always guaranteed a hearty and delicious meal.

Here are three of our favourite slow cooker dishes you can get on the table this week.

FOR MORE MEAL IDEAS, VISIT
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DINNER BUTTER CHICKEN

You won't believe how good the house smells when you come through the door to this healthy recipe that doesn't actually use a drop of butter but delivers double on creamy and rich flavour.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste
- 1 heaping Tbsp curry
- 1 x 400 ml coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

LUNCH CHICKEN CHILI TACOS

If your family doesn't already have a taco day then you'll definitely want to start the tradition with this juicy and tender chicken dish.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 6 boneless, skinless chicken thighs
- 1 1/4 cups prepared pico de gallo or salsa
- 1/4 cup fresh lime juice
- 2 tsp cumin seeds, lightly toasted
- 1/4 cup chopped fresh cilantro
- 12 taco shells

Directions

1. Place the chicken, pico de gallo or salsa, lime juice and cumin seeds in a slow cooker and stir to combine. Cover and cook on low for 6 hours.
2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juices from the pot and add the cilantro.
3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their own perfect taco.



Let your family to their tacos with their favourite ingredients. This recipe serves four. MAYA VISNYEI



This recipe serves eight. MAYA VISNYEI

antro for garnish

Directions

1. Put everything in the slow cooker and stir it all around.
2. Close the lid. Set the timer

for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be OK.

3. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

BREAKFAST PB AND BANANA SANDWICH OATMEAL

This morning bowl of oats is like your favourite childhood flavours all rolled together in one bowl.

Ready in

Prep time: 10 minutes
Cook time: 8 hours

Ingredients

- 1 1/4 cups steel cut oats
- 2 cups almond milk
- 1 cup milk
- 1 cup water
- 1 Tbsp flax meal
- 1 Tbsp chia seeds
- 1 tsp real vanilla extract
- 1/4 tsp salt
- 1/3 cup chunky or smooth peanut butter
- 1 ripe banana, sliced
- 1 tablespoon honey
- 1 tablespoon brown sugar

Directions

1. Add oats, almond milk, milk, water, flax meal, chia seeds, vanilla extract, salt and peanut butter into your slow cooker. Give it all a stir with a whisk to break up the peanut butter.



This recipe serves four. MAYA VISNYEI

2. Arrange banana slices across the top. Drizzle with honey and then sprinkle the brown sugar. Cover and cook on low for 8 hours.

3. In the morning, scoop oatmeal out of slow cooker, pour in splash of almond milk and garnish with toasted, sliced almonds and some shredded coconut.

LIQUID ASSETS A NEW WAY TO LOOK AT FRANCE'S BEAUJOLAIS

With word that the 2015 harvest in France's Beaujolais produced fruit worthy of classic vintage status; tomorrow's release of the region's Nouveau wines might just turn into, well, an event.

The first juice pressed from French vineyards, Nouveau had its heyday back in the late '70s when wine-makers would race to be the first to unveil their wines at Parisian bistros.

While it still gets the spotlight in Europe, North American snobs complain that Nouveau wines are too expensive and as flimsy as a cheap shower curtain. Always up for a glass of wine

on a cold November night, I've kept a more open palate when approaching Nouveau. At an average price of \$14, those made with the hand-picked grapes from the broader Beaujolais appella-

tion cost about as much as an average Aussie Shiraz. Joseph Drouhin's 2015 Beaujolais-Villages Nouveau (\$15.95-\$18.99) comes from the vineyards surrounding a smaller group of villages.

Loaded with red berry fruit; like all Nouveau it shines brightest after a slight chill. PETER ROCKWELL/ FOR METRO CANADA



El Vy more than a National holiday

SIDE PROJECTS

Frontman makes funky anti-funk in free time

Clearly, Matt Berninger has different ideas of relaxation than most.

When the National frontman finally ended 18 months of relentless touring behind that beloved Cincinnati indie-rock outfit's album *Trouble Will Find Me*, he immediately kicked off his holiday by starting a new band and making a new record.

Well, not that new. Berninger and longtime friend Brent Knopf (of Ramona Falls and Menomena notoriety) have been covertly working for five years on pop tunes gathered on their debut album as El Vy, *Back to the Moon*.

They didn't know exactly what they were working on, but this time last year they decided that it was too good not to finish.

"There was no pressure attached to it or schedule attached to it and that's why it kind of stayed a joy the whole time," says Berninger from Los Angeles. Those songs are considerably



Brent Knopf of Ramona Falls and Menomena and Matt Berninger of the National are El Vy. HANDOUT

more whimsical, loose-limbed and funky — albeit in a nerdy, almost anti-funk manner — than National fans are used to, although Berninger's dark wit is intact in the lyrics.

He might be the "name" in

the band, but he's completely deferred to producer/multi-instrumentalist Knopf's quirks on the instrumental side.

Both audibly appear to be enjoying the process on *Return to the Moon*; the album splat-

ters the wall with everything from disco to Krautrock to doleful piano balladry during its 11 tracks. There's even a half-serious "accidental concept" linking the tunes — but even the author urges you not to probe

too deeply. El Vy basically just did everything at once for the hell of it.

"I've been learning to enjoy making records much more than I used to," says Berninger. "It used to be hard. It was a struggle. I

loved it, but I was filled with anxiety. It's still hard and it's still a struggle, but the anxiety is gone."

Berninger and Knopf are taking El Vy on the road for a short tour — Berninger promises a four-piece band and "no lasers, but the next best thing to lasers" — and then it's right back to work on the next National record for him.

Apparently, it's sufficiently under way that the band is already making plans to debut the songs live next spring or summer to road-test them before recording.

"You'll probably hear a lot of new National material next year, but it'll all be from really sh—y iPhone recordings," says Berninger dryly, stressing that El Vy should not be misconstrued as an "escape" from his day job. He's still very happy at work.

"I'm so satisfied by the National on a creative level and actually we all are getting along very well now," he says. "What it was an escape from was the lifestyle that surrounds the National: after-show parties and bars and clubs, and just parties, parties, parties, parties."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Aziz Ansari speaks to his generation

MASTER OF NONE, SEASON 1, EPISODE 5 (NETFLIX)

Dev (series creator and star Aziz Ansari) and a married woman (Claire Danes) are caught in flagrante by her husband Mark.

"I'm going to leave, and this time I'm leaving for good!" Mark rages to her.

Then he wheels on Dev, who is clad only in undershorts: "Why are you still here?" "I thought it might be awkward if we were in the elevator together," Dev replies. "Would you like to go first, or should I go first?" Mark stares at him in disbelief, then snaps, "Get the f— out of my house!"

I love this — Dev is nearly naked, in the middle of an emotional maelstrom he helped cause, yet his main concern is parsing the minutia of awkwardness. All 10 episodes contain moments like that, because Ansari has a gift for capturing the rhythms and concerns of millennials, that 20-something



Master of None star and creator Aziz Ansari has made the perfect show about the minutiae of awkwardness. HANDOUT

cohort who are struggling to be authentic but on-trend, empathic but cool; are navigating a world where they have to ask permission to kiss but expect to hook up; are trying to figure out who they are while processing billions of bytes of information; and who fear awkwardness above all else.

Ansari is also first-genera-

tion American, which adds a new dilemma, proudly brown versus colour-blind. He sums up an entire world view in, say, the search for the perfect taco ("What am I supposed to do now?" he sputters to the taco truck driver, whose wares are sold out. "Buy the second-best tacos, like an idiot?"). It's the perfect 21st-century show.

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HIGH OCTANE FUN ALL YEAR LONG

Speedworld provides indoor go-karting, sun or snow

"Racing fans and auto enthusiasts in Winnipeg shed a tear when the first snowflake is scheduled to fall," said Speedworld operations manager Briget Marciniak. "It usually means that the summer car gets put into storage and the season of car shows, club and drag races are done for the season."

But luckily for go-kart racers, Speedworld is open year-round for high-speed entertainment and training. According to Marciniak, the track stays busy during the winter months with club teams wanting to keep their skills sharp and spend time with teammates and friends.

"I think groups like the league-style racing because it keeps the club united over the winter months," Marciniak said. "The

racing is a fun way to have a social gathering on a regular basis and get people more involved in their club."

The league-style racing has become so popular that the track now hosts a seasonal racing series where drivers can participate as part of a team or individually to earn points towards prizes.

On Nov. 16, Speedworld will host the Manitoba Karting Association (MKA) Annual General Meeting. MKA President Mario Bovino said the location is perfect for the annual gathering.

"The location is centrally located with lots of parking and racing at the track is popular with our members," Bovino said.

Marciniak and her staff are busy booking upcoming holiday parties, as well as the regular team windups, club meetings and birthdays. According to her, the spot is a hit for groups that want to do something out of the ordinary but also exciting and fast-paced.

"Our private room is a great place (for



CONTRIBUTED

events)," Marciniak said. "With seating for up to 30 people it is big enough for most organizations."

And when it comes to the main event, the track can accommodate groups anywhere from six to 60 racers.

The fall racing series runs every Monday night starting at 7 p.m. and is open to anyone with a driver's license. For more information or to book an event contact Speedworld at 204-772-5278 or email info@speedworld.ca.



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Satisfyingly straightforward



REVIEW

Ford Edge lacks personality, but big on most everything else

Mike Goetz

For Metro Canada



Ford Edge was one of the pioneers of crossover land.

The territory is now teeming with contenders, but Edge has always maintained a sizable following through the years, even with the last generation model, which first debuted way back in 2006 and was showing its age.

An all-new Edge debuted for 2015 and it shows Ford knows a thing or two about building and selling mainstream crossovers. The styling is current crossover generic with a Ford face and will not alienate anybody. And through an expanded four-trim lineup (SE, SEL, Titanium, Sport), a series of well-thought-out option packages, and three engines on the menu, the Edge can be tailored to fit the needs of a lot of buyers in the "family" space.

So Ford Edge is not a niche product. But this is a good thing for midsize crossover shoppers, as it is built to deliver what everyone expects and values today in this segment, without too much fanfare and extra expense.

Moving the Edge to the current Fusion platform has raised its driving dynamics to another level. AWD models also now get "Curve Control" that automatically adjusts power and braking to maintain the right pace and

line through a corner, should you go in there a little too hot.

All models also get "paddle shifters" on the steering wheel, and they are always "active" — you don't have to first shift the transmission lever into any kind of "manual drive" position.

The more sophisticated chassis is also quieter, and more comfortable over rough roads.

The big 3.5-litre V6 in our tester pumps out a lot of torque, for effortless motoring.

Ford Edge actually debuted the ill-fated first-generation MyTouch interface. This newer version works much better, and has just the right amount of hard buttons and knobs.

Our Titanium test vehicle had the 8-inch LCD screen with SYNC. That techy piece, along with the dashboard and centre console designed to look like one piece, looks impressively modern. Luxury vehicles seem to knit their interior bits together with a bit more detail and finesse, but otherwise there is a lot to enjoy in the Edge cabin.

With a slightly longer body and no third row to worry about, the Edge has a roomy rear seating area. And there is almost 200 litres of cargo space behind those rear seats. One of Edge's best features are the rear seat backs, which can be flipped forward by the cargo-area mounted switch.

It has a wide variety of up-to-date safety features, such as 18-degree front camera, adaptive cruise with brake support, blind spot warning, park assist, a lane keeping system that steers the vehicle back into line, and inflatable rear safety belts. Overall the new Edge feels very capable, comfortable and useful.

THE CHECKLIST | 2016 FORD EDGE

THE BASICS

Type. Midsize, 5-passenger, FWD/AWD crossover
Power. 245-hp 2.0-litre Turbo I4, 280-hp 3.5-litre V6, 315-hp 2.7-litre Turbo V6
Transmission. Six-speed automatic
Price. Base \$31,999 (plus destination)

NOTABLE FEATURES

- 180-degree front camera, which has its own washer cleaning system
- Advanced park assist for both perpendicular and parallel parking spaces
- Available heated and cooled front seats
- Cargo-area switch flips rear seats forward to form a virtually flat and voluminous cargo hauling space



MIKE GOETZ/FOR METRO

POINTS

- All-new generation model debuted in 2015, based on current Ford Fusion platform
- Made in Canada, and first Edge model to be exported to Europe
- Stiffer and better handling chassis, fortified Sport model, and standard paddle shifters on all models nudge Edge toward more intensive driving experiences

MARKET POSITION

- Slots in the Ford crossover roster between the smaller Escape and slightly larger Explorer
- Roomy and car-like crossover, for those who don't need extreme 4X4 capabilities, towing, or three rows of seating
- New range-topping Titanium model designed to meet increasing market demand for more premium feel and features in small and midsize crossovers

THE COMPETITION



Dodge Journey
Base price: \$21,495



Toyota Highlander
Base price: \$33,355



Nissan Murano
Base price: \$31,889

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Hydrogen gets Olympic platform

NEW GENERATION

Elantra lighter, more nimble on its wheels

Hyundai's Elantra compact sedan gets more aerodynamic styling, more horsepower and torque, and better fuel economy. It's also lighter yet stronger through greater use of high-strength steels, and displays a more nimble driving nature with a revised suspension. Power output, fuel efficiency, comfort and safety features have all been upgraded with extensive use of new technology, said Yang Woong-Chul, vice-chairman of Hyundai Motor Group research and development. High-tech upgrades include a driver's seat that remembers a

driver's preferred seating position, autonomous emergency braking, automatic high-beam dimming and blind-spot detection, as well as rear cross-traffic alert and hands-free auto-opening trunk.



INFRASTRUCTURE

Tokyo 2020 to promote hydrogen economics

The Japan government plans to showcase hydrogen-powered fuel-cell vehicles and other hydrogen technologies at the 2020 Tokyo Olympics. It will spend the equivalent of about \$330 million US through 2020 on hydrogen-infrastructure projects. Hydrogen-friendly automakers such as Honda (its FCV pictured above), Nissan and Toyota reportedly will underwrite some of those costs. Authorities are counting on the economies of scale brought by more hydrogen filling stations and "tens of thousands" more hydrogen cars on the roads to lower hydrogen-related costs between now and the Games.

TEXT AND IMAGES BY WHEELBASE MEDIA

FUEL EFFICIENCY

The SkyActiv's the limit

Mazda says its next line of fuel-efficient SkyActiv engines could be as much as 30 per cent more frugal than the current generation of its more eco-friendly powerplants. The new engines should appear in Mazda's lineup, which includes the CX-3, pictured, by 2018, and represent the main component in the company's fuel efficiency strategy, president Masamichi Kogai told Auto Express at the recent Frankfurt Motor Show. Meanwhile, Mazda is feeling out customer interest in hybrid and electric cars, and has appointed a special team to investigate the feasibility of reviving the Wankel rotary engines that were once a Mazda calling card. An earlier promise to bring a diesel engine to the United States might now hinge on whether getting one certified here would sacrifice its performance.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



FUEL-CELL CAR

Mirai impresses, quietly, in initial reviews

2016 Toyota Mirai hydrogen fuel-cell cars are on California roads now, and Car and Driver was among the first media outlets to test-drive the limited-production sedan, doing instrumented testing in addition to seat-of-the-pants impressions. Test drivers drove the Mirai around greater Los Angeles, stopping at several hydrogen fuelling stations along the way. About the worst thing they could say was that it's not a sports car, evidenced by its zero-to-96-km/h time of a slow-poke 9.4 seconds. Positive comments abounded, such as "pleasant," "comfortable" and "isolation-chamber quiet." Suspension, steering feel and ride quality were also favourably noted.



+ CUTTING EMISSIONS

Cadillac introduces ultracapacitors in start-stop setup

Engine start-stop systems are appearing in evermore vehicles as automakers strive to increase fuel economy and cut emissions. Shutting down engines while cars stand still — when there's no need for power for motion — can help achieve both goals.

Where current start-stop systems rely on battery power to keep electrical accessories running, and

to restart the engine at the appropriate time, Cadillac is trying something new: ultracapacitors, which store energy for less time than conventional batteries, but which release their energy in quicker bursts of power said to stabilize electrical flow, reducing high currents and repeated cycling that shortens battery life, notes Green Car Reports.

The new system is standard on base 2016 Cadillac ATS and CTS models.



Jets' uninspiring start leads to finger-pointing



THE HOCKEY NEWS

Matt Larkin

Remember last week when I said the Jets' Central Division road trip was a crucial measuring stick for their season? Yikes. They dropped consecutive games to Minnesota, Dallas, Nashville and St. Louis. Winnipeg has now lost six straight overall, falling to 8-9-2 and sixth place in the Central, just three points up on Colorado, which had two games in hand entering Tuesday action.

The Jets can take solace in the fact that they've spent much of the skid on the road. Five of their six defeats have come away from the MTS Centre. So, in theory, better times are ahead. But this season clearly hasn't started the way they hoped it would. Is it time to play the blame game?

It's easy to point a finger at the coach during any slump, so should we blame Paul Maurice? Naw, not yet. He's still 69-47-20 since taking the job in January 2014. He has a season's worth of leash at least. And it's hard to lay the blame on him considering the goal-

tending he's received of late.

Which brings us to, yes, Ondrej Pavelec and Michael Hutchinson, who respectively rank 32nd and 24th in save percentage. Hutchinson has been less objectionable than Pavelec, but Hutchinson hasn't been a world-beater himself. He's winless in four November outings with a 4.18 goals-against average and .857 save percentage. Crazy idea, but is it worth calling up an AHL goaltender for a start, to send both stoppers

a message? Eric Comrie and Connor Hellebuyck are two of the game's best prospects in net anyway. They are the team's future in goal. If the masked men of the present aren't getting it done anyway, maybe it's worth calling up a

younger. Hellebuyck was excellent against NHLers at the 2015 World Championship for Team USA.

And if the goaltenders aren't the problem, which skaters are? Drew Stafford isn't justifying his two-year, \$8.7-million extension, though it's hard to do so when he hasn't spent much time in among the top six forwards, usurped by rookie Nikolaj Ehlers. Veterans and

51.3

Winnipeg's 5-on-5 score adjusted Corsi For percentage. It still ranks top-10 in the NHL.



Neither Ondrej Pavelec, pictured, nor Michael Hutchinson has played well between the pipes. MARIANNE HELM/GETTY IMAGES

potential trade bait Dustin Byfuglien and Andrew Ladd have been fine. The Jets' entire top line of Ladd, Bryan Little and Blake Wheeler has generated plenty of offence, actually. But promising young centre Mark Scheifele has

stalled and, on the back end, Jacob Trouba hasn't come anywhere close to the production of 2013-14, his rookie year. Winnipeg's top young stars are supposed to get better if this team is to keep ascending.

Alas, it may be still be too early to judge the Jets. They've played eight of their past nine games on the road. If they don't win at least two of their three upcoming home games, it seriously may be time to panic.

NHL IN BRIEF

Dallas first NHL team to 15 wins this season

Valeri Nichushkin scored 51 seconds into the game and Antti Niemi stopped 24 shots to help the Dallas Stars beat the Buffalo Sabres 3-1 Tuesday night in Buffalo.

Alex Goligoski and Tyler Seguin also scored, and Dallas won a late coach's challenge on the way to becoming the first NHL team to 15 wins this season. The Stars' 30 points are tied with Montreal and the New York Rangers for tops in the league.

Ryan O'Reilly's power-play goal with 6:57 to play broke Niemi's shutout bid.

THE ASSOCIATED PRESS

Leafs ramp up special teams, beat Colorado

The much-maligned Toronto Maple Leafs special-teams units enjoyed a special night against the Colorado Avalanche.

The Leafs got four goals on the power play and one short-handed to beat the Avalanche 5-1 on Tuesday night at Air Canada Centre for their fourth victory in five games.

Pierre-Alexandre Parenteau scored twice, Tyler Bozak had his first power-play goal of the season and Leo Komarov scored Toronto's first short-handed goal in its 19th game. James van Riemsdyk also scored late on the power play.

James Reimer stopped 34 of 35 shots he faced for his fourth consecutive win. THE CANADIAN PRESS



Roger Federer reaches for a forehand against Novak Djokovic at ATP World Tour Finals in England. CLIVE BRUNSKILL/GETTY IMAGES

ATP FINALS

Federer ends Djokovic winning run at 15

Even the best player in the world can have an off day, especially when he's playing someone many believe is the best of all time. Roger Federer brought his top game to the O2 Arena on Tuesday, stopping Novak Djokovic's ATP Finals winning streak at 15 by beating the top-seeded Serb 7-5, 6-2.

"I wouldn't have picked it maybe before the tournament, just because of his really good record on the indoors, the year he's had," said Federer, who lost to Djokovic in the Wimbledon and U.S. Open finals.

"But then again, all day I felt



Credit to Roger for mixing up the pace, giving me always a different ball. He used the slice and spin very wisely. He served very efficiently. Novak Djokovic

good about my chances."

The win put Federer in the semifinals of the season-ending tournament for the 13th time in 14 appearances. Djokovic, who has already clinched the year-end No. 1 ranking, had not lost at the ATP Finals since 2011, winning the last three elite titles for the top eight players in the world.

But Federer was strong Tuesday, as he usually is on an indoor hard court. The six-time champion broke Djokovic in the final game of the first set, and again early in the second. Although Djokovic broke right back, Federer regained the lead a short time later and won the final four games.

On Sunday, Federer beat Tomas Berdych, giving him a 2-0 record this week. He will still play Kei Nishikori on Thursday in the final round-robin match. Djokovic beat Nishikori in his first match, and will face Berdych on Thursday for a spot in the semifinals.

Djokovic has been the best player in tennis all year, winning three Grand Slam titles and losing the other in the final at the French Open. In beating Federer at Wimbledon and the U.S. Open, he won his ninth and 10th major titles.

THE ASSOCIATED PRESS

Estrada happy to be back with Blue Jays

MLB

Two-year deal for stingiest pitcher after all-star break

The Toronto Blue Jays wanted him back, and Marco Estrada was happy to return. For the right-hander, it was a win-win situation.

The Jays agreed, signing him to a \$26-million US, two-year deal that made sense for both parties.

For the 32-year-old Estrada, who made \$3.9 million last season, it's a gigantic pay hike that should translate into lifetime security for his family. For the Jays, needing to bolster their rotation for the likely loss of free agents David Price and Mark Buehrle, it's two more years of service from a dependable, quality arm.

Estrada is also low maintenance and a comfortable fit in the Toronto clubhouse.

"He exemplifies everything we're looking for in a Blue Jay player," interim GM Tony LaCava told a Rogers Centre news conference Tuesday. "He earned this contract and we're happy to have this day for him."

The new contract was announced last Friday, but Estrada and LaCava met the media Tuesday to discuss the deal.

After being acquired from Milwaukee in a November 2014 trade for Adam Lind, Estrada started this season in the bullpen after rolling an ankle in spring training but soon pitched his way out of it.

Befuddling batters with a devastating change-up, Estrada



Marco Estrada, left, and interim GM Tony LaCava speak at news conference on Tuesday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

“They loved it out here. They had a really good time, felt safe and comfortable. That means the world to me.”

Marco Estrada on his family's opinion of Toronto

went 13-8 with a career-best 3.13 earned-run average and a career-high 28 starts.

Only Jake Arrieta (.185) of the Chicago Cubs and Zack Greinke (.187) and Clayton Kershaw (.194) of the Los Angeles Dodgers held batters to a lower average this season than Estrada (.203). And Estrada led the majors in that category after the all-star break, restricting opposition hitters to a .183

batting average.

Kershaw is due to make \$34.6 million next season while Greinke will get \$26 million. Arrieta made \$3.63 million as an arbitration-eligible player in 2015, and isn't eligible for free agency until after the 2017 season.

Estrada had several options after the Jays made him a \$15.8-million qualifying offer. He could have opted for

the one-year pot of gold, tested free agency or made another deal to stay in Toronto.

He chose the last option, saying it was "smooth sailing" getting the deal done.

"I would have taken probably less for more years," he acknowledged. "But it's just the way things worked out. Two years is plenty ... I feel like it's an extremely fair offer."

"Could I have got more years on the open market? Maybe. But I wanted to come back here."

Estrada said one big reason was that most of his teammates are also coming back. "And I feel it's a pretty strong team to begin with." THE CANADIAN PRESS

NFL

Manziel given leash as Browns' starter

There was no formal presentation or fanfare. No torch passing ceremony.

Browns coach Mike Pettine simply pulled Johnny Manziel aside and told him he would be Cleveland's starting quarterback for the remainder of this season.

No longer just a celebrated bad-boy backup, Manziel joined an elite class.

The trick will be staying there.

Manziel's budding pro career, dotted mostly by missteps on and off the field to this point — the NFL said Tuesday he will not be disciplined for a domestic case — seems to be finally headed in the right direction for him. Now, the Browns will find out if he can be their franchise QB.

Fresh off a strong start at Pittsburgh on Sunday, Manziel moved ahead of veteran Josh McCown on the depth chart, a switch that will either usher in a new era for the Browns or send them scrambling again to fill a troublesome position.

"I wanted the chance to be the guy and that was always my goal," said Manziel, who was watching film before Pettine told him the

news. "I'm excited, I think as I should be. This is a great opportunity with a great group of guys that are going to go out and fight with me every week."

Pettine made the change before the team's first bye-week practice, two days after Manziel passed for a career-high 372 yards in a 30-9 loss to the Steelers. He also flashed a few of those Johnny Football moments that won him the Heisman Trophy at Texas A&M.

After fumbling on his first play, Manziel regrouped and completed 33 of

45 passes with one touchdown. He didn't lead the Browns (2-8) to victory, but Manziel showed he's learning from his mistakes, growing more comfortable in the pocket and ready to take his biggest step yet.

"The performance against Pittsburgh validated for us the progress he's made and the improvement he's shown and that he deserves this opportunity," Pettine said.

THE ASSOCIATED PRESS

“This will give us an opportunity to see how far he's come and what he's capable of.”

Browns coach Mike Pettine



Johnny Manziel
GETTY IMAGES

IN BRIEF

Bannister, Maddon named coaches of the year

Jeff Bannister was selected the AL Manager of the Year Tuesday after leading the Texas Rangers to a division title in his first season on the job.

Texas won 88 games this season — 21 wins better than last year — in taking the AL West.

Later, Joe Maddon won the National League honour. He led the Chicago Cubs to the playoffs with a regular-season record of 97-65.

THE ASSOCIATED PRESS

Angels sign utilityman Pennington for two years

Veteran infielder Cliff Pennington became the first free agent to switch teams this off-season when the Los Angeles Angels signed him to a two-year, \$3.75-million deal.

Pennington began last season with Arizona and moved to Toronto in a trade in August. THE ASSOCIATED PRESS

Swede Euro dreams for Ibrahimovic after double

Sweden earned a ticket to the 2016 European Championship after drawing with Denmark 2-2 in the second-leg playoff on Tuesday.

Zlatan Ibrahimovic scored both to put Sweden 2-0 ahead, and though Denmark's Yussuf Poulsen and Jannik Vestergaard replied in the last 20 minutes, the Swedes advanced 4-3 on aggregate.

THE ASSOCIATED PRESS

Draw enough for Ukraine to make championships

Ukraine beat Slovenia 3-1 on aggregate to qualify, via a playoff, for the European Championship next year, after a 1-1 draw on Tuesday.

It is the first time Ukraine has successfully qualified for a European Championship, although it received an automatic place as co-host nation in 2012.

THE ASSOCIATED PRESS

Price soon to learn if he's won Cy Young



David Price
JAMIE SQUIRE/GETTY IMAGES

David Price may join a select list of Blue Jays on Wednesday when the American League Cy Young Award winner is announced.

But even if Price is right for the award, the free-agent pitcher may be an asterisk on the Jays' list of winners — Roy Halladay (2003), Roger Clemens (1997, 98) and Pat Hentgen (1996) — given his Toronto days could well be over.

Price (18-5), who joined Toronto on July 30 in a deal with Detroit just ahead of the trade deadline, is up against Sonny Gray (14-7) of Oakland and Dallas Keuchel (20-8) of Houston Astros for the AL award.

\$200M
The amount free-agent pitcher David Price is expected to sign for

Price won the award in 2012 with Tampa Bay.

Interim Jays GM Tony LaCava was cagey when asked about Price. "Without being specific to any one guy, we're engaged with a number of free agents and we're talking to a lot of teams as well," he said.

The Chicago Cubs have al-

ready been linked to Price, who is expected to land a contract in excess of \$200 million US.

Price went 9-1 with a 2.30 earned-run average in 11 starts with the Jays. He ranked first in the American League in earned-run average (2.45), third in innings pitched (220.1) tied for third in quality starts (24) and was fourth in strikeouts (225).

The National League Cy Young winner will also be announced Wednesday with Jake Arrieta (22-6) of the Cubs and Zack Greinke (19-3) and Clayton Kershaw (16-7) of the Los Angeles Dodgers vying for the award.

THE CANADIAN PRESS

RECIPE Kale Mac and Cheese



PHOTO: MAMA USNET

Ceri Marsh & Laura Keogh
For Metro Canada

Your favourite childhood meal just got a makeover. Don't worry, we promise it's still as delicious as ever.

Ready in

Prep time: 50 minutes

Serves 6

Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp spelt flour
- 4 cups spelt elbow macaroni
- 1/4 cup low sodium chicken stock
- 1 1/2 cups milk
- 1 cup shaved cheddar cheese
- 1 1/2 cups shaved Monterey Jack cheese, divided
- 1 tsp Dijon mustard
- 1 cup frozen chopped kale
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup of bread crumbs

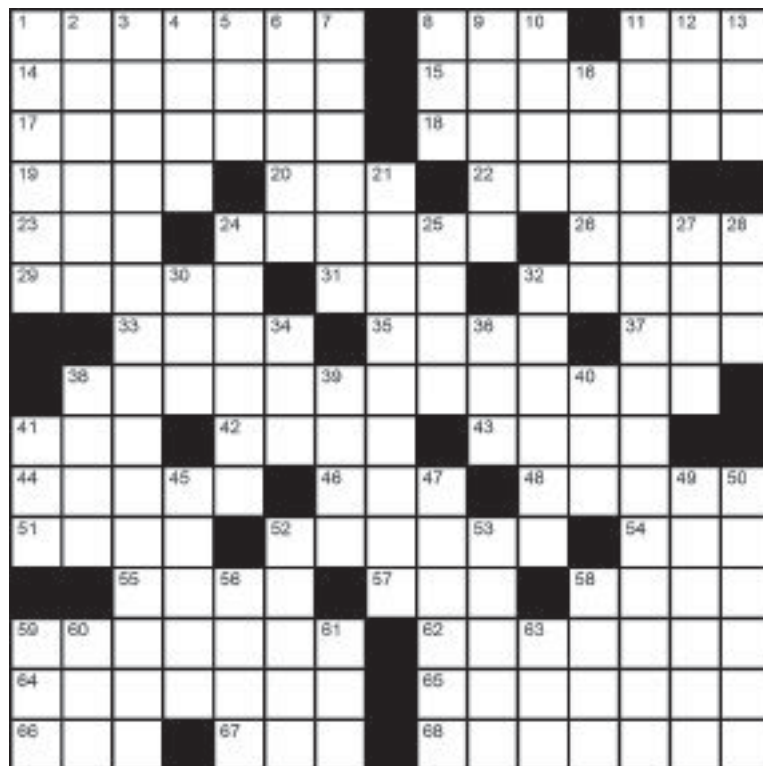
Directions

1. Preheat oven to 350 F.
2. In a medium size saucepan, melt butter over medium low heat. Add flour and whisk.
3. Cook pasta according to package directions.
4. Add chicken stock and milk and allow to simmer for 5 minutes so mixture can slowly thicken, stirring occasionally. Lower heat and add mustard, cheddar and 1 cup Monterey Jack cheese. Mix until cheeses have melted and mustard is combined. Add kale, nutmeg and salt; stir until warmed and mixed together, about 2 minutes.
5. Place cooked pasta into medium size casserole dish and mix in cheese sauce, being sure to coat all the pasta. Sprinkle the top with the remaining Monterey Jack cheese and then top with bread crumbs. Bake for 30 minutes, or until cheese sauce is bubbling and edges are a golden brown.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Look beyond: 2 wds.
8. "Take on Me" band
11. Beach building
14. Revolutionary leader Che Guevara's real first name
15. North Carolina's capital city
17. Diamond patterns on classic socks and sweaters
18. Slice, in Sherbrooke
19. Mr. Schiffrin (Composer of the "Mission: Impossible" theme music)
20. Clairvoyance, e.g.
22. Peril
23. "Take _ _ insist."
24. Like the vision of a not-wearing-their-glasses person
26. Shield's centre knob
29. Like a twangy voice
31. Member of Parliament, e.g.
32. Found out
33. House, in Hamburg
35. Radar's grape drink on "M*A*S*H"
37. Rob Roy's refusal
38. Margaret Atwood's latest book, The _ _ _
41. Courteney of "Friends"
42. Actor, Corbin _
43. 'N' of CSNY
44. Wishes
46. Medical pros
48. Lasso

51. In an overly casual manner
52. Island of Italy
54. Job seeker's submission, for short
55. Spoken
57. Aussie animal
58. Pres. Lincoln's
59. Dried fruit, often

62. Upgrade
64. Forestall
65. "20,000 _ Under the Sea" (1954)
66. CN Tower's city, tiny-ly
67. Tube-shaped fish
68. Concert extras

DOWN

1. Keep that freshness by securely closing the food container: 2 wds.
2. Printers' mistakes
3. Canadian History... Sir Martin Frobisher or Sir John Franklin, for

- example: 2 wds.
4. The Smurfs creator
5. Non-verbal communication syst.
6. Forged material
7. Even chance
8. _ gallery
9. Title romantic

- comedy role for Billy Crystal
10. Jai's friend
11. Village on Random Island in Newfoundland: 2 wds.
12. "Eww."
13. Definite article
16. Happen as a result
21. Articulate
24. Short write-ups
25. "Full Metal Jacket" (1987) actor, _ _ Erney
27. Army _ (Military kid)
28. Lyric poem
30. US motorists org.
32. "Million Dollar Baby" (2004) star Ms. Swank
34. MLB's Cardinals, on scoreboards
36. QVC rival on American TV
38. Winter coat part
39. Ms. Halliwell (Ex-Spice Girl)
40. " _ _ was saying..."
41. Vitality
45. High nest, variantly
47. Figure of speech
49. Plasmas and LCDs, fun-style spelling
50. Evaluate
52. Alpine sight
53. Measure of light
56. Wile E. Coyote's supplier
58. Jason's craft
59. Fitting
60. For
61. Final amt.
63. B.C.'s ocean

★ IT'S ALL IN THE STARS by Sally Brompton

♈ **Aries** March 21 - April 20
Don't look back and wonder what might have been — look forward and create a bright new future. Any regrets you still have must be dealt with, then forgotten once and for all.

♉ **Taurus** April 21 - May 21
You seem to be plagued by self-doubt. Why? Snap out of it because there is serious work to be done. You are more sensitive than usual but don't let that paralyze you.

♊ **Gemini** May 22 - June 21
The more others say bad things about you the more certain you can be that your actions are having the desired effect. You must not back down. Let others know that you will not be cowed into silence.

♊ **Cancer** June 22 - July 23
You may be in the mood to change things but don't make changes that are not necessary. Focus on your home situation before turning your attention to anything else.

♊ **Leo** July 24 - Aug. 23
Stick to the rules today because if you try to cut corners the powers that be will come down on you hard. Not everyone shares your cavalier approach to getting things done.

♊ **Virgo** Aug. 24 - Sept. 23
Do not allow yourself to be seduced by people who have a way with words — it will inevitably lead to some kind of loss, most likely financial. You don't need advice. Deep down you already know the answers.

♊ **Libra** Sept. 24 - Oct. 23
Don't be distracted by things that take you away from the path you should be on. There will be time for fun and games later on, when the serious stuff has been done.

♊ **Scorpio** Oct. 24 - Nov. 22
It may be in your power to take what you desire but it is not in your long-term interests. If there is something you want but cannot attain through fair means, it may be a sign that you are not supposed to have it.

♊ **Sagittarius** Nov. 23 - Dec. 21
Don't get so caught up in other people's woes that you start feeling depressed. Steer clear of negative people and focus on the good — plenty of which is coming your way.

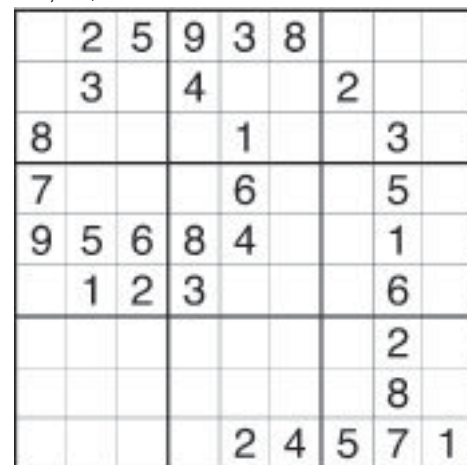
♊ **Capricorn** Dec. 22 - Jan. 20
It would be wise to keep certain thoughts and opinions to yourself. If you cannot say something that everyone can agree with it might be best not to say anything at all.

♊ **Aquarius** Jan. 21 - Feb. 19
Some people are stuck in their own way of seeing things and logic and common sense seem alien to them, but that's life. Make allowances for those who do not share your ability to see both sides of the story.

♊ **Pisces** Feb. 20 - March 20
If you're having second thoughts about something then stop. See which way fate points you next week. The Sun's change of signs could lead to changes in your goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

YESTERDAY'S
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Your daily crossword
and Sudoku answers.

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**“I’m just not
into you
anymore.”**



**RECYCLING
REMINDER**

#9

Recycle your plastic bags,
just not in your recycling cart.
Bring them to one of many
retailers with collection bins.

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SimplyRecycle.ca**

MMSM
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INDUSTRY FUNDING RECYCLING